THE CURE
TO HAPPINESS
in Hotel Concordia

TO CURE
can be so pleasing.

„Schroth Cure with us, and stay healthy!“

Under this motto we offer you our original Oberstaufen Schroth Cure.

In order to make your stay as pleasant as possible, we would like to provide you with some useful information about the Schroth Cure in advance.

YOUR HOSTS
FAMILY HUBER
WITH TEAM

Fasting
according to
Johann Schroth

200 YEARS old
and MORE CONTEMPORARY than ever!

Listen to your own body, trust in nature, develop a feeling for the body's self-healing process. Fasting according to Johann Schroth is so much more than just abstaining. It is the realisation of how unhealthy eating and living habits, lack of exercise and stress, drain and make us ill.

The basic idea of the Schroth Cure is the purification and weight reduction of the body. The Schroth Cure leads to a weight reduction of up to 10% in men and a weight reduction up to 8% in women over a period of three weeks.

The Schroth Association recommends a 10-day to 3-week stay in order to achieve the best possible success from the cure.

INDICATIONS FOR THE SCHROTH CURE

- weight reduction
- metabolic syndrome
- diabetes
- heart and cardiovascular conditions
- gout and chronic inflammations
- overweight and digestive disorders
- thyroid dysfunctions & menopausal symptoms
- inflammation of the respiratory tract and low immune system
- gastrointestinal disorders of the stomach, colon, liver, gallbladder, kidneys and pancreas
- skin allergies
- rheumatism, arthritis, spinal deterioration
- migraine, circulation problems, high blood pressure

1

3

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4

The 4 basic elements of the Schroth Cure

1 **THE DIET**
Calorie-reduced diet, balanced alkaline diet, vegan, free from animal protein, fat and salts, this enhances the metabolism.

2 **THE DETOX BODY WRAP**
In the early hours of the morning each guest receives a full body wrap. This causes an increase of the peripheral circulation and stimulates the body‘s metabolism. In return a complete body cleansing takes place.

3 **THE REGULATED FLUID INTAKE**
The medically prescribed rhythmic change of fluid intake, named „dry“ days and „drinking“ days stimulates the healing powers and detox process. Spring water, tea and fruit juices are offered during the diet. This is important for the body tissue drainage.

4 **REST AND EXERCISE**
Combined, this optimises the effects. Exercising outdoors and relaxation for the mind and soul, helps the body to regenerate.

HOW TO PREPARE FOR YOUR SCHROTH CURE:
Please try to avoid oversized portions at mealtimes, a few days before your stay. Try to cut out too much fat, salt and caffeinated drinks. Eating a lighter cuisine prior to your arrival, will make the transition a lot easier.

PACKING LIST:

- anticipation and motivation
- swimwear
- sportswear and sneakers
- sturdy shoes for hiking in the afternoon
- rain jacket
- sunglasses and sunscreen
- a good book for the restful days

A warm welcome

YOUR ARRIVAL:
After a warm welcome to our Concordia Vitalhotel & SPA, you will receive your doctor's appointment at our reception upon arrival. If you have applied for an outpatient spa treatment through your health insurance company, please contact our reception about this and hand in your "health spa prescription" upon arrival. This way we can ensure that your stay runs smoothly.

OUR MEDICAL TEAM DIRECTLY ON-SITE:
The Schroth Cure diet is about 650 kcal below caloric and for this reason, it is under constant medical supervision. The medical examination must be carried out by a local cure doctor, as he/she is responsible for your health during your stay. Our competent in-house team of doctors will be happy to support you with the implementation. The detox body wraps during the Schroth Cure, may only be administered after an initial medical check-up has taken place.

If you have received prescriptions for massages and treatments from our team of doctors, or from your doctor at home, please hand them over to our reception on the day of your arrival, or at the latest at our SPA & Wellness Centre, on the first day of your treatment. If possible, we recommend our guests to book appointments in advance, from home.

Check-up by the cure doctor

1. Questions about your medical history (anamnesis) and about current complaints.

2. A full medical examination which includes
- listening to the chest organs, heart, lungs, etc.
- examination of the abdominal organs
- an assessment of the musculoskeletal system
- blood pressure and pulse measurements
- weight and height

3. The compilation of a personal, individual cure plan.
If possible, bring your current laboratory results (blood values) with you to the initial examination.
If these are taken on site, they will be charged extra, according to the GOÄ- German medical fees.

4. Our Schroth Cure doctors additionally recommended
- a weekly blood pressure and weight check*
- urine analysis during the cure*
- final consultation at the end of the cure*

***These will be charged extra according to the table of German medical fees (GOÄ).**

YOUR WEEK OF CURE COULD LOOK LIKE THIS:

Example	Monday Dry day	Tuesday Drinking day	Wednesday Dry day	Thursday Drinking day	Friday Dry day	Saturday Drinking day	Sunday Drinking day
Morning from 04:00 a.m.	1 cup of tea Detox body wrap	1 cup of tea Detox body wrap	1 cup of tea Detox body wrap	1 cup of tea Detox body wrap	1 cup of tea Detox body wrap	1 cup of tea	1 cup of tea small breakfast
Lunch 12:00 p.m. to 01:30 p.m.	Soaked dry plums with orange sauce, lemon and Schroth bread roll 1 glass of freshly squeezed orange or grapefruit juice	Vegetable stew with potatoes, fresh herbs and wholemeal bread	Sauerkraut with pineapple cubes, fresh herbs and Schroth bread roll 1 glass of freshly squeezed orange or grapefruit juice	Beetroot and apple, roasted corn and wholemeal bread	Soaked dry plums with orange sauce, lemon and Schroth bread roll 1 glass of freshly squeezed orange or grapefruit juice	Sweet potato soup with curry, flaked almonds, and wholemeal bread	Parsnip soup with root vegetables and roasted wholemeal croutons
After-noon from 03:00 p.m.	up to 0.5 l fluids (tea, water, fruit juice)	up to 1.5 l fluids (tea, water, fruit juice); also possible cure wine, max. 1/2l for men 1/4l for women	up to 0.5 l fluids (tea, water, fruit juice)	up to 1.5 l fluids (tea, water, fruit juice); also possible cure wine, max. 1/2l for men 1/4l for women	up to 0.5 l fluids (tea, water, fruit juice)	up to 1.5 l fluids (tea, water, fruit juice); also possible cure wine, max. 1/2l for men 1/4l for women	up to 1.5 l fluids (tea, water, fruit juice); also possible cure wine, max. 1/2l for men 1/4l for women
Dinner 06:00 p.m. to 08:30 p.m.	Steamed leaf spinach with nutmeg and garlic with tomato sauce and potatoes	Stuffed tomato with cous-cous and carrot-lemongrass-ragout *** Citrus fruits and mint	Stuffed zucchini with mashed sweet potatoes, tomato confit and basil	Baked potato with vegetable cubes and parsley sauce *** Cocktail of melons with mint and pineapple juice	Braised paprika stuffed with quinoa and vegetables, with pumpkin, celery and pineapple	Carrots-orange mousseline with basil, bean-sprout mix and sesame cracker *** Potato-mushroom strudel with mediterranean vegetables *** Grape-Graniteé with sweet pear and lemon balm	Colourful vegetable mix with herb sauce and mashed potatoes

„enjoyment despite abstaining“

BREAKFAST FOR GUESTS WITHOUT THE DETOX BODY WRAP:
There isn‘t a real Schroth Cure „breakfast“. However you can make yourself a cup of tea in the tea corner in the Vernissage area, take one or two pieces of crackers or crisp bread, and 3-4 dried apricots or plums, unless the cure doctor has advised you otherwise. If this is the case, please contact our service staff.

As a little treat there is a small breakfast every Sunday morning from 7:30 a.m. to 10:30 a.m. for all Schroth Cure guests, in the Vernissage area. Because it‘s the only day of the week when no detox body wraps take place.

MEALS:
Lunch and dinner are included in the Schroth Cure diet. You can find the menu on the large notice board at the reception or in the daily menus in the Schroth Cure restaurant. The first lunch is usually a plum soup (regardless of the menu) to cleanse the body at the beginning. If the plum soup doesn‘t appeal to you, you are welcome to discuss alternatives with the service staff, the evening before.

Lunch: 12:00 p.m. to 1:30 p.m.
Dinner: 6:00 p.m. to 8:30 p.m.

DRINKS:
Drinks that follow the principles of the Schroth Cure are: mineral water, herbal teas, freshly squeezed orange or grapefruit juice. If you wish, you can order on the „drinking“ days a glass of dry wine, which is recommended for the cure. Please abide by the drinking amounts, prescribed by the cure doctor. Coffee, green, and black teas are not allowed.

Drinking days are Tuesday, Thursday, Saturday and Sunday, as well as your first day of the cure. It is therefore possible that, depending on the date of arrival, there will be 2 drinking days in a row at the beginning of your cure.

Dry days are Monday, Wednesday and Friday. On dry days you get served a glass of freshly squeezed orange or grapefruit juice for lunch.

BUILD-UP DIET:
The build-up diet is also included in your Schroth Cure. **From 7 nights** there is 1 build-up day, with a soup at noon and a small selection of dishes for dinner. You are welcome to choose a light breakfast on your own, on the day of your departure (we recommend not too much fat and protein).

From 14 nights it is 2 build-up days. On the first day, a light dinner awaits you in the restaurant. You are welcome to start the second day with a cup of coffee or tea and a slice of wholemeal bread and quark. A small selection for lunch and dinner is available. On the day of departure, the Schroth Cure can be ended with a light breakfast according to your wishes.

From 21 nights, the first day of the build-up diet is supplemented by a light lunch. You can also choose again a meal for dinner. Please check with our service staff in advance about your choices.

OUR VERNISSAGE AREA

OUR SCHROTH CURE RESTAURANT

INCLUDED IN OUR SCHROTH CURE PRICES:

- vegan Schroth Cure diet (approx. 650 kcal)
- build-up diet
- 0.2 1 freshly squeezed orange or grapefruit juice on dry days
- during the day, spring water according to Ruth Johannsen, herbal teas and dry crackers at our wellness bar in the Vernissage area
- as well as all our other inclusive services

OUR SCHROTH CURE PRICES DO NOT INCLUDE:

- extra table drinks during the meals
- Schroth's detox wraps (from monday to friday)
- services of our Wellness and Health Centre
- doctor's fee according to the GOÄ

INCLUDED SERVICES AT THE CONCORDIA VITALHOTEL & SPA

LECTURE ON NUTRITION:
A nutritional lecture is offered to our house guests every Monday. Here you will get exciting information about the Schroth Cure and about other offers in our house.
(Only in the German language - available in English on request)

FIT & ACTIVE PROGRAMME:
From Monday to Friday, we offer different active programmes in a group, with exercises to support your well-being. In the afternoon you can join our guided hikes in the surroundings of Oberstaufen. You can also book an additional personal training session, with our sports trainer Heike.

FITNESS CENTRE:
Of course, you can always do something for your health and work out on your own, in our exercise and cardio gym.

SAUNA AND BATHING AREA:
You are welcome to relax in our swimming pool from 8:00 a.m. to 9:00 p.m. and use the bio sauna and salt stone sauna in our sauna area in the afternoon, as the temperature in them is below 70 degrees. Please note that the use of the Finnish stone pine sauna is not allowed during the Schroth Cure. Due to the low-calorie diet and the high temperature, the circulatory system can quickly become out of balance.

SPA & WELLNESS CENTRE:
Take a little break in our SPA & Wellness Centre. In addition to the classic massages and beauty treatments, there are also numerous health spa applications that can support the weight loss effect of the Schroth Cure. Our team can help you to find the perfect spa treatment for you. We recommend to reserve your moments of well-being preferably before your stay.

„moments
to
relax“

THIS IS HOW THE DETOX BODY WRAP WORKS

From monday to friday, our trained Schroth Cure therapist will wake you up daily with a glass of hot herbal tea in the early hours of the morning, at around 4 a.m. Then the body, still warm after sleep, is covered in a moist sheet and wrapped with dry, warm blankets and up to three hot-water bottles are added.

1st phase, approx. 10 - 20 minutes
When the moist cold sheet is applied, the blood vessels contract in the subcutaneous tissue and the upper muscle layers. Due to muscle stimulation the body produces warmth. The blood pressure rises and breathing deepens.

2nd phase, approx. 30 minutes
The body responds by increasing the heat production, the arteries dilate and have stronger blood circulation, the blood pressure sinks, the body relaxes. A pleasant warmth begins. During this stage some people fall back to sleep while others stay awake.

3rd phase, approx. 1 - 2 hours
A type of healing fever sets in: The body‘s inner temperature rises by one or two degrees. Outbreaks of sweating take place. This varies, to start with the body hardly sweats, but is still healing. Some people have to learn how to sweat again. The imbalance between the sympathetic and the parasympathetic nerve in the autonomic nervous system disturbs the perspiration production in the body.

This naturally induced „healing fever“ activates the body‘s own immune system, relieves pain and relaxes tense cramped muscles, it balances the inner organs and calms and also invigorates the skin. The autonomic nervous system switches to relaxation. Metabolic wastes, residues and toxins such as nicotine are transported out of the body over the skin, due to the transpiration.

OUR TIP

For guests with claustrophobia we recommend the “bathrobe wrap”.
The arms are not in the body wrap, but instead, in the sleeves of the bathrobe.

INFORMATION FOR OUR GUESTS

Please contact our reception until 8:00 p.m. the evening before if you do not want a Schroth Cure detox body wrap the next morning. Please note that hanging the "Do not disturb" sign on your room door means that you will not receive a detox body wrap. We ask for your understanding that treatments not cancelled in time will still be charged.

My Schroth Cure Diary

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

My summary

TIPS FOR AFTER THE SCHROTH CURE

On the build-up days, the body is already slowly and gently getting used to a normal nourishment. You're quickly back to everyday life. So that you can continue to feel completely comfortable at home, we would like to support you with a few tips for a healthy nourishment and lifestyle.

1. Drink enough fluids every day - up to 2 litres per day.

2. Try to use healthy fats such as rapeseed oil, olive oil, linseed oil or coconut fat when cooking.

3. Alkaline foods such as fruits, vegetables and salads are good for our stomach.

4. Try to reduce meat (animal protein), sugar, starchy products such as potatoes and white flour, as well as sweets.

5. Avoid unhealthy snacks, rely on healthy snacks such as fruit or vegetable sticks.

6. Consciously take your time to eat, both for the preparation of the dishes and for the food itself – "consciously" perceive the feeling of satiety.

7. Enjoyment of eating and a positive attitude.

8. Sufficient exercise is important for a healthy lifestyle.

concordia
VITALHOTEL & SPA ★★★★S

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