

**basenfasten**  
die wacker-methode®



*eat your fill  
& enjoy it*





basenfasten  
A wonderful chance to  
reconsider eating and  
lifestyle habits, rediscover your  
gut feeling and subsequently  
healthier eating



## What about basenfasten die Wacker®?

basenfasten is a fast based on fruit and vegetables. It implies you can eat your fill and enjoy your meal. No counting calories. basenfasten is a temporary fast - usually for one to two weeks. For the duration of your fast food will be served which

your body can metabolise 100%. These are basically most kinds of fruit and vegetables, fresh germ buds, herbs, seeds and the majority of nuts. Neutral acting oils enhance alkaline cuisine's range. They develop ripe fruits' and

vegetables' flavors better. You may drink still water and diluted tisanes - at least two and a half litres a day. Ginger water in the morning will kick start your circulation. Ice cubes and lemon slices in your water will refresh you during dog days of summer.



### What does basenfaste do for me?

A basenfasten is a wonderful opportunity to reconsider one's eating and lifestyle habits, to guide them back into orderly tracks and treat yourself mindfully. Your preception of taste will improve. Literally you will „acquire a taste“ for pure vegetables and all the alkaline treasures nature has to offer. Many people report a better genera health after

only a few days. They feel fitter and often we hear reposts of decreasing pains, better agility and less infection susceptinility, better bowl movments and a more beautiful skin. Getting rid of one or another inconvenient pounds is a really nice side effect, too. Obviously, the weight loss is in close connection to age, gender and exercise.

„BASENFASTEN IS A FAST BASED ON FRUIT & VEGETABLES“  
- SABINE WACKER

Can anyone do basenfasten? Basically basenfasten is suitable for any person. There are times in life when basenfasten is not to be recommended: during pregnancy and nursing periods. People with eating disorder and terminally ill people do not need basenfasten. We only advise basenfasten for overweight children - but a permanent alkaline-rich diet would already be sufficient.

### basenfasten - also when diabetic or allergic?

basenfasten is dairy free. It is ideally suited for people with milk allergies and lactose intolerances. Additionally, basenfasten is low in histamine. Our hotels are well trained to deal with fructose intolerances. They know exactly which alkaline food to serve. As a diabetic you can do basenfasten as well, you will need to control your blood sugar level regularly. Moreover you will need to attend training sessions with a diabetes advisor. When in doubt - check with your doctor whether basenfasten or an alkaline rich diet would suit you. On demand our hotels will hand out a flyer concerning this subject.

### Do I need to prepare?

In order to feel well from day one on, it would be ideal to observe the following tips for your preparation. The most important preparation for your basenfasten Kur is omitting caffeine a good time in

advance. No matter whether it is coffee, tea, green tea, coke or energy drinks - caffeine normally takes 2 to 3 days to leave your body and for withdrawal symptoms like headaches and poor circulation to disappear. When your diet is rich in carbohydrates and/or meat, we recommend to increase the amount of fruit and vegetables in your diet, before you start basenfasten. You will adjust to a new „lighter“ feeling of satiety.

### Do I need colon irrigation?

In order to detoxify correctly you will need to cleanse your intestines. We recommend using irrigators, unless you

are already trained in fasting and have a good experience with Glauber's salt or bitter salt. It would be ideal to irrigate every second or third day. What will happen if you omit this important basic? It is very likely you will suffer from flatulence or headache. basenfasten at home? Why certainly! It very much depends on which kind of „diet type“ you are. How is your situation at home? Does your partner or your family want to join in or not? Surely, you will have a more comprehensive relaxation in a hotel, caring only for yourself and being spoiled with alkaline full board.





## THINGS TO KNOW ABOUT



### A culinary basenfasten day:

The nicest thing about basenfasten is, you can eat to your heart's delight. The focus is on three meals a day, preferably always at the same time. Many positive effects of basenfasten are also due to regular meals. staying in a hotel takes success in stride.

#### Breakfast

A seasonal alkaline muesli is a real treat. Many hotels offer a small smoothie or freshly pressed juice to go with your muesli. A smoothie for breakfast is only advisable when you are not hungry in the morning but you would still like a kick start.



#### Lunch

Lunch consists of two courses. Mostly, the first course is a salad composed of a seasonal variety of lettuce and vegetables. You may add mushrooms, herbs, germ buds and alkaline nuts. People who cannot tolerate raw food may enjoy a salad made from cooked vegetables or a bowl of soup. The second course is a seasonal vegetable dish. If the first course comprised of a salad, the second course may also be a seasonal vegetable soup.



#### Dinner

In our hotels dinner will also contain two courses, but lighter than your lunch. Starchy vegetable like peppers (capsicum), mushrooms and onions will be avoided, so no digestive problems may disturb a good night's rest.

The first course may consist of clear broth with vegetables, a seasonal minestrone, for example. The second course will again be composed of seasonal vegetables. Ideally dinner should be enjoyed early in the evening.

#### Snacks

Our stomachs and intestines are happy, when they are left alone for at least four hours. Moreover, snacks like dried fruits, nuts or olives count as really „heavy weights“. When you think you need a snack, have a glass of water or a cup of hot tea. This might help to outsmart your body. Should it not work, you can make use of an alkaline munchine - well dosed, otherwise the bag is empty in nothing flat.



What can i expect at a basenfasten hotel?

During your basenfasten Kur you will be individually taken care of. Nevertheless, you will find enough time to relax and reconsider your lifestyle and eating habits. Upon arrival at your basenfasten hotel your guest manager will provide you with all the necessary information (individually or in group sessions) to make your stay as successful as possible. In the course of this introductory meeting you will receive information about colon irrigation. Your basenfasten manager will be at your disposal for the whole time of your stay, ready to

answer any questions you might have. In the course of your stay there will be a personal interview with your basenfasten guest manager, examining carefully your previous diet habits as to your acid-alkaline-balance. You will also receive valuable tips for your diet at home. At the end of your stay there will be a final interview with your basenfasten guest manager concerning your progress and experience with basenfasten. Additionally, you will obtain further valuable tips for an alkaline-rich diet and life at home. This interview can be

personal or in a group session. You will also obtain a „basenfasten set“ from your guest manager, containing our booklet „My basenfasten Kur“. In this booklet you will find all information necessary for a successful basenfasten Kur, as well as a diary concerning your basenfasten observations and memos. Part two of your booklet contains tips for an alkaline-rich diet and life at home as well as recipes. This booklet will be published twice a year with the result that with each basenfasten Kur you will obtain new recipes and tips.



Will there be a doctor in charge at my basenfasten hotel?

As a general rule basenfasten is „only“ eating fruit and vegetables. This is totally safe so you do not need a doctor. Therefore, these courses of treatment proceed

without medical care but with the support of trained hotel employees. Some of our hotels have a resident doctor or work closely with a doctor or natural health professional.

Should you need medical care due to your pre-existing conditions, please check with your hotel or contact us at [www.basenfasten.de](http://www.basenfasten.de)





Imagine an alkaline vegetable dish?



Three kinds of celeriac

serves 4

- 300 g celeriac
- some almond puree, white
- 200 ml wacker vegetable
- broth bio
- 1 apple
- 4 walnuts
- 1/2 avocado
- 1/2 lemon
- 1 pinch of herb salt
- 1 pinch of black pepper
- unsweetened almond milk
- 1) Waldorf salad

Prepare an alkaline mayonnaise mixing avocado, lemon, a little almond milk, salt and pepper. Peel celeriac and grate a large piece into stripes for your salad. Cut the remaining celeriac into cubes and boil with little water until soft. Rinse the apple and cut into thin stripes. Mix celeriac and apple stripes with your mayonnaise und refrigerate. In the meantime crack nuts.

2) Soup and celeriac mousseline Mash cooked celeriac with a little almond milk. Put about two thirds into a piping bag and the remaining mousse line into a casserole. Add vegetable broth, bring to boil and season to taste. Put the soup into four glasses and press the waldorf salad into small rings, remove rings. Decorate with walnuts and drops of celeriac mousseline. Enjoy your meal



GIVE YOURSELF A TREAT  
ENJOY A WELLNESS HOLIDAY  
INCLUDING BASENFASTEN

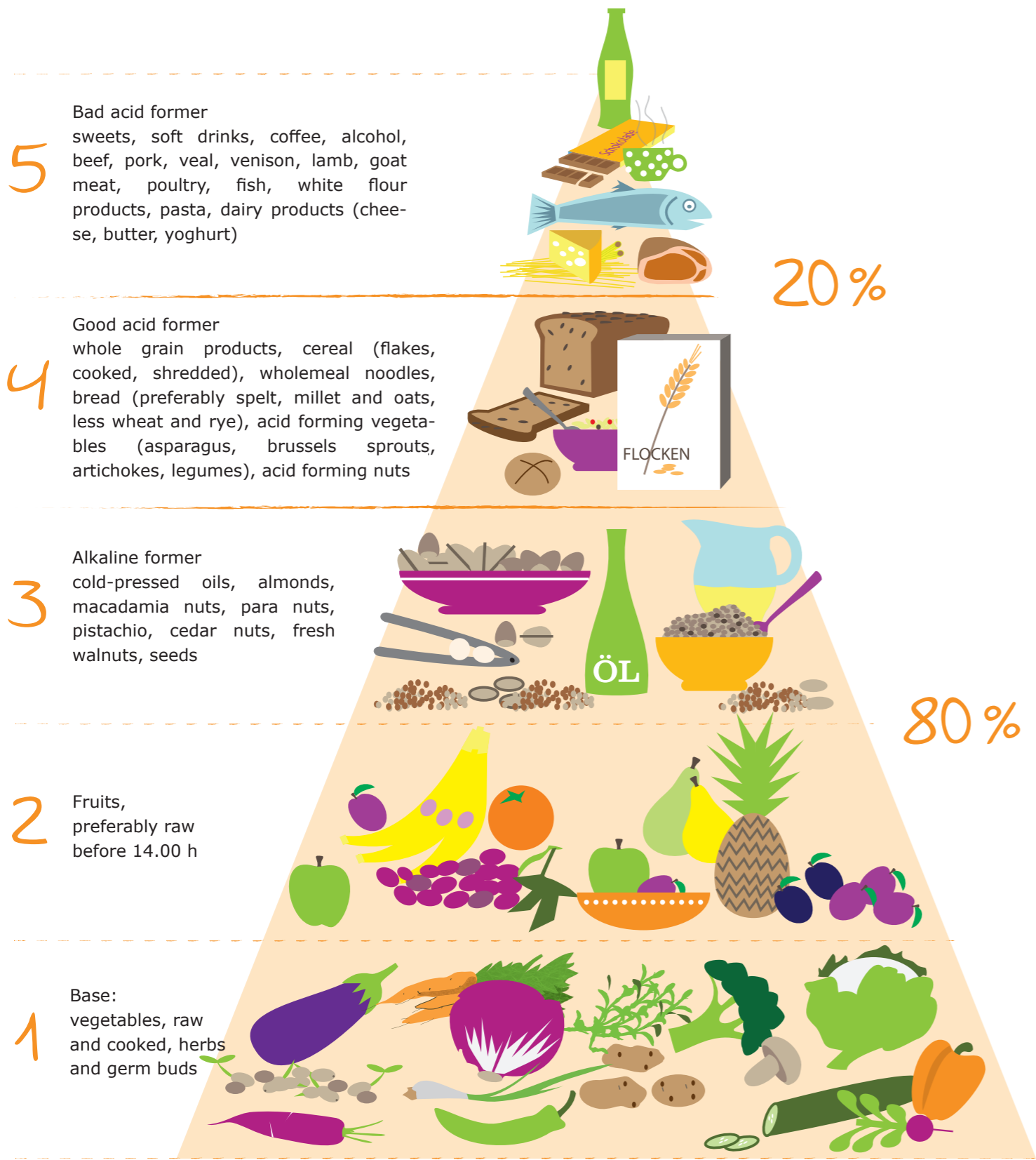


Alkaline food? Acidic food?  
Wich is wich?

This question is the first which pops up when you decide to realign your diet to an acid-alkaline-balance and intend to red-card acid forming foods. To simplify, look

at the booklet's „basenfasten zum Abnehmen“ acid-alkaline pyramid (Sabine Wacker, Martina Huber: Basenfasten zum Abnehmen. TRIAS Verlag, 2020. p. 138.

Illustration: Grafikbüro Schaff, Germersheim). This pyramid shows at a glance how acidic or alkaline my food is.



How do i go on?

Enjoying your basenfasten Kur in one of our Wacker hotels will give you enough time to relax. You can experience positive changes based on a 100% alkaline diet and drinks. A very good incentive. Use this time to throw some of your less healthy habits overboard and introduce your new knowledge into your daily routine. Fruit and vegetables should call

the shots. Start with two to three habits easiest for you to refrain from. Maybe you benefit from regular meals while you take your basenfasten Kur. Maybe you feel better without wheat products and you note eating an alkaline muesli is as filling as eating two cheese rolls or you need just two cups of coffee instead of three.

Whatever makes you happy, each and every little step is a success. The aim is to include more and more alkaline food and healthy rituals into your daily life until you really eat four to five times more alkaline than acidic food. When your routine turns „sour“ best plan your next basenfasten vacation.



Where do i find additional information on the subject?

The official website basenfasten nach Wacker provides you with a multitude of free recipes and tips all around alkaline food.

Additionally, you will find a list of our certified Wacker Hotels and our online shop, where you can order organic alkaline food and many

helpful additional supplies. [www.basenfasten.de](http://www.basenfasten.de)



WHEN YOU NEED TO BE QUICK ABOUT IT AT HOME

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