



schroth cure

so
cleansing
so
healthy

Interesting facts about the
Schroth Cure

THE HISTORY OF THE SCHROTH CURE



THE FOUNDER OF THE SCHROTH CURE

This highly effective naturopathic healing method, which has been used for more than 190 years, was not developed by a doctor. Its creator was a down to earth coachman - Johann Schroth. After being injured by a horse's hoof kick, he heeded the advice of a monk and treated his knee with damp cloths, which he tied into a compact wrap. This bandage was so effective that he was able to move his injured knee again after a short healing period. Spurred on by this extraordinary healing success, he continued to develop the method of damp compresses, resulting in the whole-body compress pack. In 1829, he introduced the naturopathic cure, which he had developed under his own name, in Nieder-Lindewiese in Silesia.

HOW THE SCHROTH CURE CAME TO OBERSTAUFEN

It is thanks to Dr Hermann Brosig that Oberstaufen is now the home of the Schroth Cure today. In the course of the Second World War and the stream of refugees heading west, Johann Schroth's spa in Nieder-Lindewiese in Silesia had to be closed down in 1945. In 1947, Dr. Brosig fled to Oberstaufen. He quickly recognised the potential and the beauty of the Allgäu landscape and the healing climate of Oberstaufen, as a perfect location to carry out a successful Schroth Cure. He worked as a spa doctor from 1949 to 1979. In 1956 Oberstaufen was recognised as a Schroth Health Resort, in 1969 it was awarded the title of "Heilklimatischer Kurort" (Climatic Health Resort) and in 1991 it received state recognition as a "Schroth-Heilbad" (Schroth Health Spa) - incidentally still the only one in Germany.

THE NATURE AND EFFECT OF THE SCHROTH CURE

The Schroth Cure is a course of treatment lasting several weeks, to purify the body. The aim is to detoxify and deacidify the body and to restore it to a state in which it is able to regulate itself.

To achieve this, the Schroth Cure is based on four basic elements:

The four basic elements

- 1 SCHROTH CURE DIET
- 2 SCHROTH CURE PACKS
- 3 REGULATED FLUID INTAKE
- 4 REST AND EXERCISE

This finely tuned mix boosts the metabolism and sets an effective body cleansing in process. The effects of this naturopathic healing method are undisputed and diverse.



A Schroth Cure in the Rosentalp can have a wonderful effect on the self-healing powers.



THE PRINCIPLE OF THE FOUR BASIC ELEMENTS

The Original Oberstaufen Schroth Cure is more than just a fasting cure. The natural healing method, which is part of Traditional European Medicine (TEM), develops its holistic effect through the finely tuned mix of various naturopathic stimuli. These are set in motion by the four Schroth Cure elements.

1 SCHROTH CURE DIET

During the cure, your diet is based on a low irritability, low-calorie, predominantly alkaline diet that avoids animal protein and fat and is virtually salt-free. With the exception of honey, which may be used as a sweetener during the cure, the Schroth diet is even vegan. There are plenty of seasonal vegetables and fruit included in your meals. The fresh garden herbs provide refined seasoning.



What are the effects of the Schroth Cure diet?

- ☼ Your metabolism is relieved.
- ☼ The body concentrates its energy on detoxification and purification.
- ☼ Blood pressure, cholesterol levels and blood glucose are lowered.
- ☼ In the long term, the risk of heart attack or stroke can be reduced.

2 SCHROTH CURE PACKS

Your day as a Schroth Cure guest starts early: You will be woken at around 4 a.m., by a qualified Schroth Cure therapist, called the "Packer". In your room you enjoy a cup of herbal tea, which starts the detoxification process in your body. Meanwhile, the packers prepare your bed for the Schroth Cure pack: The well warmed body is wrapped in a moist cold linen sheet. Hot water bottles are added to the pack and the body is then covered up with thick cosy blankets.

What are the effects of the Schroth Cure packs?

- ☼ Your body reacts with a rise in temperature and sweating - a kind of artificially induced fever.
- ☼ Your metabolism is stimulated; toxins and deposits are flushed out.
- ☼ Your immune system is strengthened.
- ☼ Internal organs are relieved and bacterial growth is inhibited.
- ☼ The packs have a pain relieving, antispasmodic and anti-inflammatory effect.
- ☼ Your skin texture improves; the connective tissue is strengthened.

TIP

Even if being wrapped in cold, damp cloths early in the morning seems unpleasant to start with - try to perceive it as a ritual and you will soon learn to appreciate the process of detoxification.

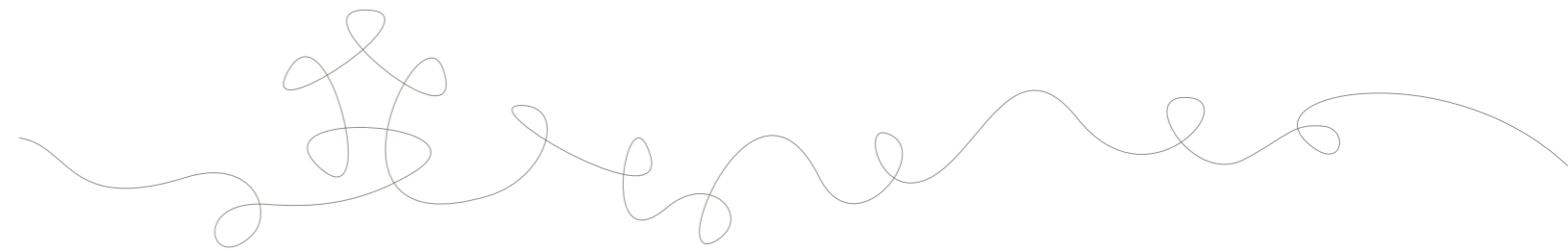


3 REGULATED FLUID INTAKE

The alternation of drinking and dry days acts like a natural tissue drainage and thus supports the removal of toxins from your body: On dry days, harmful substances are flushed out into the slightly viscous blood. Through the increased fluid intake on the drinking days, these are then transported away and excreted. Our spa doctor will adjust the amount you drink to your individual needs. Water, herbal teas, fruit juices and, to a certain extent, even wine are permitted.



*Time and space
for me*



4 REST AND EXERCISE

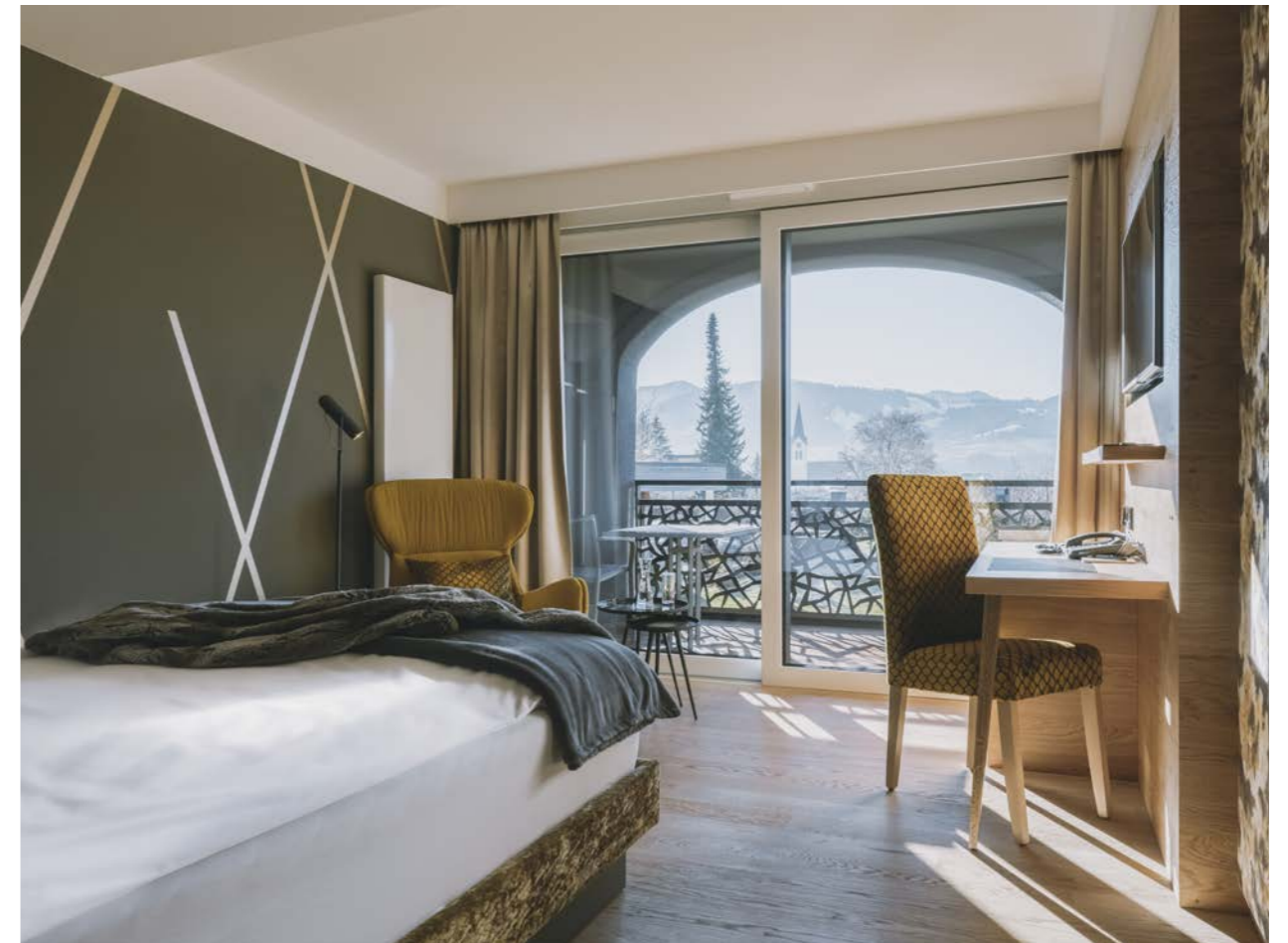
Adapt the fourth element of the Schroth Cure according to the days when you are allowed to drink large amounts of fluids, known as the drinking days and to the so-called dry days, when you only drink small amounts: Use the dry days to give your body time for regeneration, rest and relaxation. On the drinking days you can then become more active. The sports and activity programme at the Rosenalp offers you a wide range of possibilities.

WHO IS THE SCHROTH CURE RECOMMENDED FOR

The Schroth Cure has been used for more than 190 years. Accordingly, the experience gained from the numerous applications over so many years is extensive. It is therefore no exaggeration to call the Schroth Cure an all-rounder cure: Used preventively, the cure is recommended if you want to get rid of the consequences of a lifestyle with too much stress, lack of exercise and an unhealthy diet. It helps to strengthen the immune system, increase well-being, reduce weight and helps you gain new energy. In addition, the original Oberstaufen Schroth Cure is recognised as a treatment for various indications:



Because I care about myself



METABOLIC SYNDROME WITH METABOLIC DISORDERS

- ❁ Diabetes mellitus (diabetes)
- ❁ Lipid metabolism disorders (increased cholesterol and blood lipid levels)
- ❁ High blood pressure
- ❁ Overweight with emphasis on truncal obesity
- ❁ Elevated uric acid

DISEASES OF THE RESPIRATORY TRACT

- ❁ Bronchial asthma
- ❁ Chronic inflammation of the sinuses
- ❁ Chronic bronchitis

WEAR AND TEAR OF THE SPINE, JOINTS, RHEUMATIC DISEASES

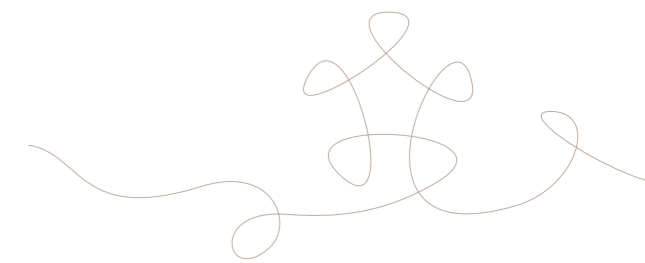
- ❁ Chronic polyarthritis
- ❁ Soft tissue rheumatism
- ❁ Connective tissue diseases

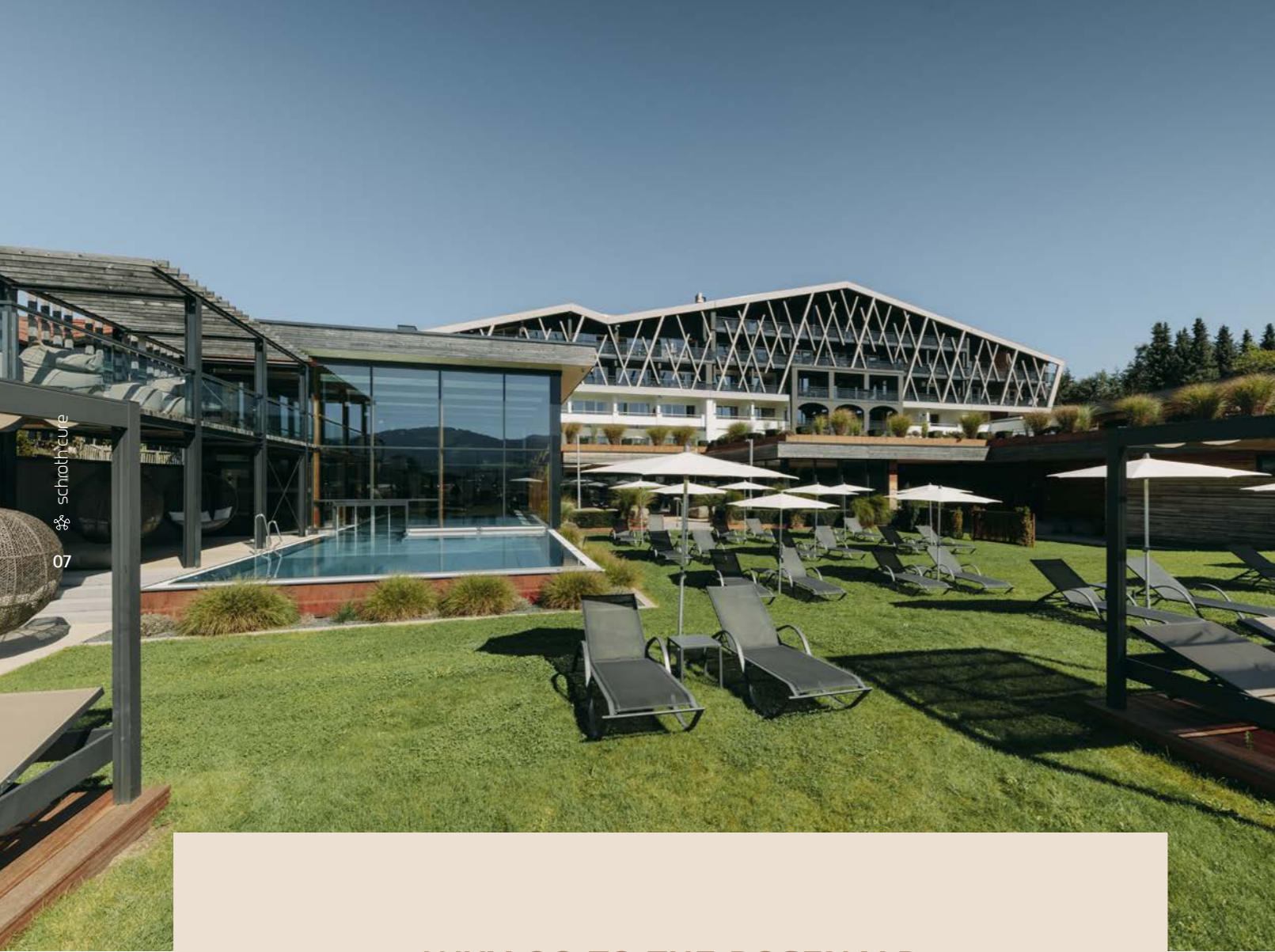
SKIN DISEASES

- ❁ Psoriasis
- ❁ Neurodermatitis
- ❁ Acne

FURTHER INDICATIONS

- ❁ Migraine
- ❁ Functional complaints of the gastrointestinal tract





WHY GO TO THE ROSENALP FOR THE SCHROTH CURE

The Original Oberstaufen Schroth Cure is a cure that you should never try on your own, because three things are indispensable for the success of the cure: the medical care, the correct implementation of the treatments and the correct preparation of the diet cuisine. The Rosentalp Health Resort & Spa also offers you as a cure guest a whole range of other advantages:

- ✿ Highest spa competence due to more than 50 years of experience with the application of the cure
- ✿ Excellently equipped medical centre directly in the hotel
- ✿ Cure supervision by the Medical Centre Dres. Fink
- ✿ Physiotherapy and nutritional advice in the hotel
- ✿ Recognised Schroth Spa, Schroth Cure guidelines are regularly checked by the German Schroth Association e.V.
- ✿ Fantastic holiday ambience
- ✿ Activity and fitness programme 6 days a week
- ✿ Rosentalp Spa – wellness & beauty on an area of 2000 m²
- ✿ Licensed sanatorium certificate – a Schroth Cure prescribed by a doctor is eligible for reimbursements
- ✿ Attractive Schroth Cure packages

Important!

During the Schroth Cure, you eat less than 1,000 calories a day. This means that you supply your body with far less energy than it actually needs. The Schroth Cure is therefore considered a hypocaloric balanced diet. According to EU regulations, this diet must be prescribed by a doctor! In the Rosentalp, your professional spa medical care is guaranteed by the Medical Centre Dres. Fink directly in the hotel.

DOING SOMETHING GOOD FOR YOURSELF

Carrying out a Schroth Cure is a great decision! Use this time to listen to your inner self and recognise what is good for you. At the Rosentalp Health Resort & Spa you will enjoy a holiday atmosphere that makes it easy to find your peace and – especially important for the success of the cure to leave the hectic everyday life behind you.

The Rosentalp Spa offers you wonderful opportunities to unwind on your resting days or to pamper yourself with feel-good treatments. With the varied activity and fitness programme, you can incorporate sport and exercise into your active days as you wish. After your cure, you will feel completely strengthened and full of energy.



PROCEDURE OF THE SCHROTH CURE

After your arrival at the Rosentalp Health Resort & Spa, your stay at the hotel will begin with an initial medical examination at the Medical Centre, where you will also be given all the details of your personal cure treatment. On the evening of your arrival day, you will already enjoy your first Schroth Cure menu in our restaurant, especially reserved for cure guests, where you will take all your meals. Your cure days begin with a wake-up call at around 4 a.m. by a qualified therapist, called the "Packer" where you will receive your Schroth Cure pack. On day 1 you will enjoy a plum soup at lunchtime. It serves to relieve you and reduces the feeling of hunger.

During the other days of the cure, your diet will be as follows: For breakfast, you choose from the extensive range of teas offered at our tea buffet. On the first three days of treatment, you are welcome to have up to two slices of crispbread or wholemeal bread. For lunch and dinner, we serve you varied Schroth Cure menus. It is essential that you adhere to the regulated fluid intake quantities, as specified in your personal cure plan, depending on the drinking or dry days, in order to optimally support the success of the cure.

MAINTAINING THE SUCCESS OF THE CURE

During the Schroth Cure you will experience how completely well you feel, eating a healthy diet. With a conscious return to everyday life and a change in your dietary and lifestyle habits, you can maintain this holistic sense of well-being and do yourself good in the long term.

GENTLE BUILD-UP DAYS

After the Schroth Cure it is important to accustom the body to everyday life again, these are the so-called build-up days. For a one-week Schroth Cure, this is the day before your departure. For a two-week Schroth Cure, these are the last two days of the cure. The body is slowly and gently re-accustomed to normal food intake.

Because I am worth it

BACK TO EVERYDAY LIFE

Listen to your body at home - and give it what it needs. If you consider the following points, you will succeed:

- ✿ Pay attention to quality - use fresh, seasonal, regional products and use healthy fats such as rapeseed oil, olive oil, linseed oil or non-hydrogenated coconut fat for preparation.
- ✿ Give preference to alkaline foods such as fruit, vegetables or salads.
- ✿ Reduce meat, sugar, starchy products (white flour, potatoes) and sweets.
- ✿ Drink enough - 1.5 to 2 litres should be consumed daily, ideally water, unsweetened teas or fruit juices.
- ✿ Prepare your meals with love - as we all know - food is a feast for the eyes.
- ✿ Take your time when eating, chew consciously - the feeling of satiety is much more likely to occur.
- ✿ Avoid snacks and fast food.
- ✿ Snack healthily - have vegetable sticks or fruit instead of chocolate.
- ✿ Stay active - exercise three times a week (30-45 minutes each) in addition to a busy lifestyle, will keep you fit.



FAQ – what else might interest you



HOW LONG DOES THE CURE TAKE TO HAVE THE GREATEST EFFECT?

The metabolism only starts to change after the first week. With a two-week cure you already achieve good effects, the full effect comes after a three-week cure. A one-week course of treatment is suitable for gaining initial experience with the Schroth Cure.

ARE DRY DAYS NOT HARMFUL TO THE BODY?

Your spa doctor will draw up an individual cure plan for you after the initial medical examination. This plan also defines the amount you should drink to achieve the desired drainage effect during the dry days. The spa doctor's supervision gives you additional security.

HOW OFTEN SHOULD I TAKE A SCHROTH CURE?

It is recommended to thoroughly cleanse the body with a Schroth Cure once a year. This rhythm is particularly advisable in cases of high blood pressure, type 2 diabetes, lipo-metabolic disorders or obesity. As a purely preventive measure, a cure every two years also shows good results.

We are looking forward to meeting you!

In the case of a hypocaloric balanced diet such as the Schroth Cure, medical supervision in our Medical Centre is strongly recommended.

TIP

On our website you will find further interesting articles on the topics of fasting cures, cleansing, detoxification, nutrition, tips for optimal cure success and much more in the online magazine, Vital Guide.

