

## Fasting – A Preventive Health Care Measure

Healthy and health conscious people regularly attend this 8-day fasting programme because they consider health a matter of personal responsibility, and because its maintenance or improvement is a continuous process.

The Fasting Academy fab usually organises the - Saturday-to-Saturday - 8-day programme for healthy persons in cooperation with partner hotels at quiet, green locations.

Our health is constantly under attack, and over time, constant worries, and work overload at home, in the office or at school, stress, wrong nutrition, lack of physical activity, unbalanced everyday life, partner problems, and other negative factors take their toll. The first signs of distress become visible on our skin, in our organs or the body as a whole. We do no longer feel fit as we once did, and we are still tired even after we long nights' sleep. Other signs that our body, mind and soul need "maintenance" are persistent headaches, and problems to focus.

Just like a car needs regular preventive maintenance once or twice a year, our body, mind and soul also need a general overhaul once or twice a year, in order to reset, rebalance and recharge. This is achieved through fasting.

Our fasting programme for healthy persons is based on the so-called Buchinger fasting, unless a different approach is advisable.

Buchinger fasting is a tried and tested preventive health care method developed by Dr. Buchinger for the purpose of regaining or improving one's health.

A one-time fasting programme restarts the clockwork of our body, by taking us out of our daily routine, switching off habits and readjusting our life.

Multiple fasting, optimally twice a year, is the beginning of a new life style: I become aware of the activities in my body, and I am mindful of them. Through healthy nutrition, physical activities combined with relaxation, and a more conscious life, I protect my body from harm, and stay healthy.

**Conditions of participation:** You should be generally in good health; if you have any health issues, you should consult your physician before you participate in this fasting programme.

Buchinger fasting is not the same as going hungry. You will receive a calorie-reduced suitable fasting nutrition of 500 kcal daily. For its entire duration of eight days, the programme is accompanied and complemented by natural medicine-related activities, walks in nature, relaxation, meditation, lectures, and workshops.

These eight days are "not negotiable". It is more than holiday, and definitely no lost time. It is comparable to a break at a highway inn after 1,000 km non-stop at the wheel. It is time-out for regeneration. Our body, mind and soul are very patient and resilient, however, our health potential has its limits. If you want to avoid harm, you must give it a boost once in a while.