

How to prepare for a fasting stay

Dear patients,

We look forward to being able to provide you with medical support during the upcoming therapeutic fasting period at the Klinik Schloss Warnsdorf.

In order to ensure a particularly good start to fasting and a good fasting success, we recommend at least one to three relief days before arrival. During these days please, mainly eat fresh fruit and vegetables, curd cheese, yoghurt, jacket potatoes, rice, crispbread and drink enough water and tea.

If possible, we kindly ask you to avoid coffee, alcohol and nicotine as well as meat, eggs and sweets (sugar) in the last week before your stay, in order to ease switching to a fasting metabolism, and to avoid headaches at the beginning of the fasting.

On the day before the start of the fast (day of arrival), please eat a few pieces of fruit (e. g. 1 apple, 1 banana, 1 pear etc.) and drink enough mineral water and tea (approx. two liters).

On the day of your arrival or on the following day, the medical examination will take place, and you will begin the fast with cleansing of the intestines, purging with Warnsdorfer Salz (salt).

Please make sure to make an appointment for your medical examination in good time via phone +49 (0) 4502/840 – 215 or E-Mail to arzhelf@schloss-warnsdorf.de

An emptied bowel is an essential prerequisite for comfortable and successful fasting. After the initial removal with Warnsdorfer Salt (Epsom salt), the colon cleansing is supported with an enema every 2nd to 3rd day. You may also carry out your enemas yourself; you either bring your “enema device” with you, or you can get such a device (travel irrigator) here in the house.

Please bring current laboratory results and doctor's reports with you, if available. If you suffer from a serious illness or take medication regularly, please contact our medical department before arrival to clarify whether you can fast or alternatively receive a reduced diet. There are individual diseases that can rule out fasting.

If you still receive a corona vaccination, this should be done at least 7 days before the fasting stay. Corona vaccination is not possible during fasting; the vaccination can take place on the 3rd day of post-fast adjustment at least.

Please bring your medication and packaging with you to the admission examination. Our medical department is also available for all other medical questions on 04502/840 - 215.

We suggest to bring the following items with you for your stay:

- warm slippers, comfortable clothes and new: Please take something warm with you when you are indoors, as regular ventilation is necessary as a Corona preventive measure
- medical masks, preferably FFP2 masks, in sufficient numbers for your stay
- natural skin care oil
- body brush with handle
- if you use these devices regularly: blood pressure and / or blood sugar measuring device, Quick measuring device or Coagu-Check, "enema device" or travel irrigator
- mouthwash
- Weatherproof hiking and sportswear
- sturdy shoes and sports shoes as well as your own nordic walking sticks (if you have some) unfortunately we are not allowed to rent sticks at the moment
- Bathing suit and flip-flops
- a compelling book
- Possibly a small backpack and a travel thermos bottle

We look forward to welcoming you at the Klinik Schloss Warnsdorf.

Your Schloss Warnsdorf team