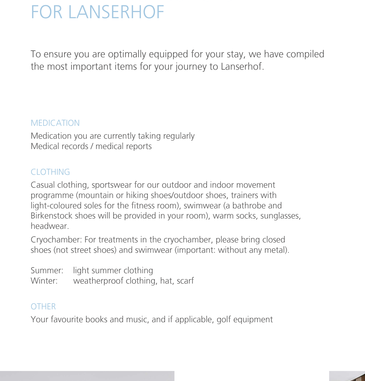
PREPAIRING FOR YOUR STAY

Your stay at Lanserhof marks the beginning of an intensive period of recovery and renewal. Even before you arrive, you can begin to attune yourself to this experience – both inwardly and outwardly. A conscious transition makes it easier to fully unfold the effects of the therapy and to support the positive impact of your stay from the very start.

To ensure that the start of your detox, cleansing and regeneration therapy is as efficient and smooth as possible, we recommend following the preparatory measures below two weeks prior to your arrival:

- ✓ Reduce or avoid coffee, alcohol, and sugar or sweets
- ✓ Eat lightly and in smaller amounts in the evening
- ✓ Go to bed slightly earlier in the evening
- ✓ Try to make the preparatory weeks a little less stressful and more relaxed

If you are able to do this, you will be optimally prepared for your health stay at Lanserhof. The adjustment of your internal clock and metabolism will then take place gently and smoothly.



PACKING YOUR SUITCASE FOR LANSERHOF

To ensure you are optimally equipped for your stay, we have compiled the most important items for your journey to Lanserhof.

MEDICATION

Medication you are currently taking regularly
Medical records / medical reports

CLOTHING

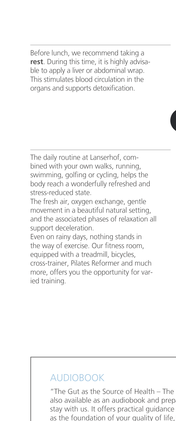
Casual clothing, sportswear for our outdoor and indoor movement programme (mountain or hiking shoes/outdoor shoes, trainers with light-coloured soles for the fitness room), swimwear (a bathrobe and Birkenstock shoes will be provided in your room), warm socks, sunglasses, headwear.

Cryochamber: For treatments in the cryochamber, please bring closed shoes (not street shoes) and swimwear (important: without any metal).

Summer: light summer clothing
Winter: weatherproof clothing, hat, scarf

OTHER

Your favourite books and music, and if applicable, golf equipment



ARRIVAL AT LANSERHOF

For all guests, the stay begins with a guided tour of the premises after check-in. The remainder of the day is at your disposal, unless medical treatments have already been scheduled for your arrival day.

Take your time to arrive at Lanserhof as a "whole".

Begin your stay, for example, with a calming walk.



A TYPICAL REGENERATION DAY AT LANSERHOF

The Lanserhof Concept is based on a clearly structured daily routine. The various general guidelines, together with the individual health plan, form the framework.
Every guest has sufficient space to find their own centre and rhythm.

In the morning take one teaspoon of Epsom salt, Epsom salt light, or magnesium citrate in a ¼ litre of very warm water. For at least half an hour afterwards, you should neither eat nor drink anything. Please discuss your medication with your Lanserhof physician.

At 7:00 a.m. , you can start your day with "Active Awakening" – a light morning exercise session in the fresh air, followed by a round of power walking.

Breakfast may be taken no earlier than half an hour after drinking the Epsom salt.

Throughout the day, there are further opportunities to take part in interesting group **activities and movement training** sessions.

During the day, the medical and therapeutic treatments take place according to your **individual therapy** plan.

For **optimal detoxification**, 2 to 3 litres of water, light herbal tea and vegetable broth should be consumed throughout the day between meals.

Before lunch, we recommend taking a **rest**. During this time, it is highly advisable to apply a liver or abdominal wrap. This stimulates blood circulation in the organs and supports detoxification.

Lunch is taken approximately 4 hours after breakfast, giving the digestive system sufficient time for optimal processing. During meals, no drinks are consumed, as liquids dilute the stomach acid required for digestion and would therefore impair digestive performance.

The daily routine at Lanserhof, combined with your own walks, running, swimming, golfing or cycling, helps the body reach a wonderfully refreshed and stress-reduced state.
The fresh air, oxygen exchange, gentle movement in a beautiful natural setting, and the associated phases of relaxation all support deceleration.
Even on rainy days, nothing stands in the way of exercise. Our fitness room, equipped with a treadmill, bicycles, cross-trainer, Pilates Reformer and much more, offers you the opportunity for varied training.

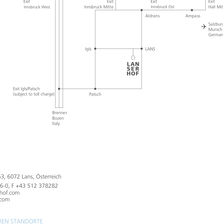
At **dinner**, the focus is also on giving the digestive system a rest and offering an opportunity to practise "dinner cancelling" in everyday life.

In the early evening, our **programme** offers various musical performances as well as interesting lectures on health-related topics.

AUDIOBOOK

"The Gut as the Source of Health – The Lanserhof Fasting Cure" is also available as an audiobook and prepares you optimally for your stay with us. It offers practical guidance on how to strengthen health as the foundation of your quality of life, bring body, mind and soul into harmony, and experience the transformative power of fasting in everyday life.

CLICK & LISTEN



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