



My Wellness Week

Recommended use:

Preparation Day: Prepare Your Body for the Coming Week

Drink 2 litres of Biotta's organic herbal tea or water throughout the day

Breakfast: (on an empty stomach):

- *Drink 1 glass of lukewarm water*
- *Drink 1 glass of Biotta Vital Digest (100 ml) in slow sips*
- *Swallow 2 level teaspoons of organic flaxseeds (whole) with Biotta organic herbal tea or water*

Breakfast tip: try a balanced breakfast of müsli with fruit, oats, plain yoghurt and flaxseeds.

Lunch:

- *Drink 1 glass of Biotta Vital Digest (100 ml)*
- *Roasted Gnocchi with Rocket (see recipe PDF file)*

Dinner:

- *Drink 1 glass of Biotta Vital Digest (100 ml)*
- *Swallow 2 level teaspoons of organic flaxseeds (whole) with Biotta organic herbal tea or water*
- *Eat the Quinoa Salad (see the recipe PDF file)*

Day 1 – The First Day Without Solid Food

Drink 1 bottle of Biotta My Juice Day #1 and 2 litres of Biotta organic herbal tea or water throughout the day.

Breakfast:

- *Drink 1 glass of lukewarm water*
- *Drink 1 glass of Biotta Vital Digest (100 ml) in slow sips*
- *Swallow 2 level teaspoons of organic flaxseeds (whole) with Biotta organic herbal tea or water*

Lunch:

- *Drink 1 glass of Biotta Vita 7 (100 ml)*

Dinner:

- *Drink 1 glass of Biotta Vita 7 (100 ml)*
- *Swallow 2 level teaspoons of organic flaxseeds (whole) with Biotta organic herbal tea or water*



- *Enjoy 200 ml of Biotta Tomato Juice, either served cold or served warm like a soup. Season with fresh herbs but do not use salt.*

Day 2 – Your First Day of Juice Fasting is Behind You!

Drink 1 bottle Biotta My Juice Day #2 and 2 litres of Biotta organic herbal tea or water over the course of the day.

Breakfast:

- *Drink 1 glass of lukewarm water*
- *Drink 1 glass of Biotta Vital Digest (100 ml) in slow sips*
- *Swallow 2 level teaspoons of organic flaxseeds (whole) with Biotta organic herbal tea or water*

Lunch:

- *Drink 1 glass of Biotta Vita 7 (100 ml)*

Dinner:

- *Drink 1 glass of Biotta Vita 7 (100 ml)*
- *Swallow 2 level teaspoons of organic flaxseeds (whole) with Biotta organic herbal tea or water*
- *Enjoy 200 ml of Biotta Tomato Juice, either served cold or served warm like a soup. Season with fresh herbs but do not use salt.*

Now is a good time to take a basic bath or footbath. Support your body's detoxification process and enjoy the rest and relaxation.

Day 3 – You're Halfway There!

Drink 1 bottle of Biotta My Juice Day #1 and 2 litres of Biotta organic herbal tea or water throughout the day

Breakfast:

- *Drink 1 glass of lukewarm water*
- *Drink 1 glass of Biotta Vital Digest (100 ml) in slow sips*
- *Swallow 2 level teaspoons of organic flaxseeds (whole) with Biotta organic herbal tea or water*

Lunch:

- *Drink 1 glass of Biotta Vita 7 (100 ml)*

Dinner:

- *Drink 1 glass of Vital Digest (100 ml)*



- Swallow 2 level teaspoons of organic flaxseeds (whole) with Biotta organic herbal tea or water
- Enjoy 200 ml of Biotta Tomato Juice, either served cold or served warm like a soup. Season with fresh herbs but do not use salt.

Day 4 – What’s Waiting For You Today?

Drink 1 bottle of Biotta My Juice Day #2 and 2 litres of Biotta organic herbal tea or water throughout the day

Breakfast:

- Drink 1 glass of lukewarm water
- Drink 1 glass of Biotta Vital Digest (100 ml) in slow sips
- Swallow 2 level teaspoons of organic flaxseeds (whole) with Biotta organic herbal tea or water

Lunch:

- Drink 1 glass Biotta Vita 7 (100 ml)

Dinner:

- Drink 1 glass of Vita 7 (100 ml)
- Swallow 2 level teaspoons of organic flaxseeds (whole) with Biotta organic herbal tea or water
- Enjoy 200 ml of Biotta Tomato Juice, either served cold or served warm like a soup. Season with fresh herbs but do not use salt.

Now would be a good time to take a second basic bath or footbath.

Day 5 – The Last Day is Waiting For You!

Drink 1 bottle of Biotta My Juice Day #1 and 2 litres of Biotta organic herbal tea or water throughout the day

Breakfast:

- Drink 1 glass of lukewarm water
- Drink 1 glass of Biotta Vital Digest (100 ml) in slow sips
- Swallow 2 level teaspoons of organic flaxseeds (whole) with Biotta organic herbal tea or water

Lunch:

- Drink 1 glass Biotta Vita 7 (100 ml)

Dinner:

- Drink 1 glass of Vita 7 (100 ml)
- Swallow 2 level teaspoons of organic flaxseeds (whole) with Biotta organic herbal tea or water



- *Enjoy 200 ml of Biotta Tomato Juice, either served cold or served warm like a soup. Season with fresh herbs but do not use salt.*

Ease Back In – Give Your Body & Metabolism A Chance to Get Used to Changes

Drink 2 litres of Biotta organic herbal tea or water throughout the day

Breakfast:

- *1 glass of lukewarm water*
- *Drink 1 glass of Biotta Vital Digest (100 ml) in slow sips*
- *Swallow 2 level teaspoons of organic flaxseeds (whole) with Biotta organic herbal tea or water*
- *Eat 2-3 rye crackers with a little herbal cream cheese on top. Chew slowly and be present in the moment.*

Mid-Morning:

- *1 apple or pear, eaten raw or steamed. Chew slowly and be present in the moment.*

Lunch:

- *1 glass of Biotta Vita 7 (100 ml)*
- *Northern Italian Vegetable Soup (see the recipe PDF file)*

Afternoon:

- *1 apple or pear, eaten raw or steamed. Chew slowly and be present in the moment.*

Dinner:

- *Persian Omelette (see the recipe PDF file)*

2. Second Ease Back In Day - Start Getting Used to Daily Life Again

Drink 2 litres of Biotta organic herbal tea or water throughout the day.

Breakfast:

- *Eat a balanced breakfast of fruit, oats, plain yoghurt and flaxseeds*

Lunch:

- *Indian Curry (see the recipe PDF file)*

Abends:

- *Sweet Corn Gratin with Tomato Fondue (see the recipe PDF file)*

You can also eat fresh fruit or vegetables as a snack or enjoy a glass of Biotta juice between meals as needed.

After the Wellness Week



Now is the perfect time to ditch bad eating habits and start eating better.

- Be fully present while you're eating. It is very important to make sure you take enough time for lunch. Otherwise snacking tends to get out of control.
- Chew your food well - each bite should be chewed 35 times. This helps with digestion.
- Learn to listen to your body. You don't start to feel full until 20 minutes after you've started eating.
- Treat yourself to fresh fruit and vegetables every day.
- Drink 1-2 litres of water a day. Drink still mineral water, unsweetened tea or organic fruit or vegetable juices.
- Plan regular juice fasts into your everyday life.

Would you like to extend your Wellness Week? No problem! Follow the exact same plan (days 1-5) and close your additional week with two "Ease Back In" days back to back.

Please Note: If you would like to extend your Wellness Week by more than two weeks, please only do so **under the supervision of your doctor!**

Tips for Success:

You may feel tired or experience mood swings as your body adjusts to the Wellness Week. Here are a few tips for supporting your body during the Wellness Week:

- Make sure you are getting plenty of sleep and go to bed earlier than usual. This will give you more strength for the next day.
- Going for a comfortable walk is no problem, but try to avoid hard physical exertion.
- While you're working, get up, stretch and do a few small stretching exercises to loosen up.
- Enjoy your time off to the fullest and let yourself enjoy your downtime after work.
- Do the Wellness Week with your friends/colleagues/partner(s) so that you can share the experience with someone else. It's always fun to get feedback!

Who is Biotta's Wellness Week for?

- For any healthy adult without pre-existing medical conditions or illnesses..
- Teens, diabetics or people with health problems should only complete the Wellness Week **under the supervision of a doctor.**



- **DO NOT** participate in the Wellness Week if you are pregnant or nursing!

Base Bath:

Depending on your personal preferences, you can use the VitaBase bath while you're doing the Wellness Week as follows:

Basic Full Bath: use 3-4 tablespoons of bath salts. Bathe for 30 minutes at a temperature of 36-38 °C. Rub down your skin with a washcloth every 10 minutes.

Basic Footbath: use 1 tablespoon of bath salts and bathe for at least 30 minutes.

The VitaBase container contains enough for four full baths and several footbaths. Plan one bath or several baths into your wellness week as a nice way to relax. You can enjoy a full bath every 2nd and every 4th day, or enjoy a foot bath every evening.