My Wellness week

Your feel-good guide for the Biotta juice week
Congratulations!

You’ve decided to embark on the Biotta Wellness week. We’re delighted to hear it, and would like to support you as best we can during these seven days. This little guide is packed with tricks and tips to make sure you feel reborn by the end of the week.

The Biotta Wellness week detoxifies both your body and your mind; during this week, you’ll be getting rid of dead weight. You’ll be purging your body, giving it new energy and laying the perfect foundation for a new lifestyle. In contrast to radical fasts, the Biotta Wellness week is not a starvation diet. Thanks to the natural organic fruit and vegetable juices, your body will be receiving important vitamins and minerals, so you will remain as productive as ever during the Biotta Wellness week.

We wish you every success, lots of stamina and conscious enjoyment!

Yours, the Biotta team

P.S.: Over 20 years of the Biotta Wellness week: THANK YOU for placing your confidence in us.
Biotta Wellness week: right for everyone?

Biotta Research developed the Wellness week back in 1994. One of the main aims was to develop a juice week that was feasible for as wide a target group as possible.

Hence the resultant Biotta Wellness Woche is suitable for all healthy adults. If you’re diabetic or have other health problems, we recommend you only embark on the Wellness week under medical supervision. The same applies to teenagers. If you are pregnant or breast-feeding, we recommend you do not embark on a Biotta Wellness week.

This is what you’ll find in your Wellness week pack

- Biotta Wellness (3x): Pear juice, pear purée, orange juice, carrot juice, pineapple juice, whey and beetroot juice make this organic juice a real classic for the Wellness week.
- Biotta Vita 7 (2x): Orange juice, carrot juice, banana purée, apple juice, pineapple juice, whey, grape juice, sea buckthorn purée, beetroot and lemon juice bring diversity into your Wellness week.
- Biotta Tomato (2x): Freshly harvested tomatoes enhanced with a squeeze of lemon and a pinch of sea salt. Delightful warm or cold.
- Biotta Vegetable Cocktail (2x): Tomatoes, carrots, celery root and beetroot, enhanced with herbs and a little sea salt - a full helping of vegetables, not just during the Wellness week.
- Biotta Digest (2x): Plum juice, herbal tea extract, apple juice, grape juice, fig extract, aronia juice and lemon juice - a sweet change: mornings and evenings.
- Organic linseeds (1x): Your daily companion for the coming week.
- Organic herbal tea (1x): Top quality herbs to give you a wonderfully warm feeling and a little breather.

Tips and tricks for your Biotta Wellness week

1. The best time

Basically, you can embark on a Biotta Wellness week at any time. Spring is a popular time, as people often feel the need to detoxify after the winter. But when it comes down to it, you alone decide when the time has come. Listen to your gut feeling!

Our tip:
Plan your Wellness week well in advance. This will help you avoid stumbling blocks such as business dinners or birthday celebrations with lavish cakes, which could make you feel weak about the knees...

2. Success

First and foremost: you should feel good about yourself. Of course it will require a major effort to go without food for a whole week, but you’re not in it to torment yourself. If you start to doubt, ask yourself whether it’s just a momentary low, or whether you really have reached your limit. Don’t worry, the next high is just round the corner.

Our tips:
- Pay attention to the weekly plan and your goals. The prescribed plan will help you to avoid weak moments.
- Pamper your body with plenty of fresh air, light exercise and sufficient sleep.
- Enjoy your Biotta juices. Drink them consciously, sip by sip, and not too cold. You can also dilute the juices with water, then you can have a larger drink.
- Preferably avoid coffee, black tea and alcohol completely.
- Smokers should cut down on their tobacco consumption. If you’ve been intending to give up smoking anyway, why not grasp this opportunity? We’ll keep our fingers crossed for you!
3. **Dear old digestion**

For optimum detoxification, the bowels should be completely evacuated at the beginning of the week, and it is also important to empty the bowels on a daily basis during the Biotta Wellness week. The bowels should be completely evacuated on the morning of the first day. Generally speaking, the products contained in the pack should be sufficient for the purpose.

**Our tips:**
- If you suffer from constipation:
  - Drink 1 glass of Biotta Sauerkraut juice before each “meal” on the preparatory day. Biotta Sauerkraut is available from your local pharmacist or chemist. Repeat as required during the remaining wellness days.
  - Another option is to drink 1 level tablespoon of Glauber’s salt, dissolved in a glass of lukewarm water, on the morning of the first day, on an empty stomach. After this, drink 500ml of water or unsweetened organic herbal tea within the next 30 minutes. If necessary, repeat this on day 2 and day 4. Please note that this laxative takes effect very quickly.

4. **Wrap up warm**

During the Wellness week, your body will be particularly sensitive to cold.

**Our tips:**
- Find yourself a warm cardigan or a cosy jumper. As soon as you start to shiver, put it on.
- Make your own little feel-good oasis at home. A warm bath with bath oils, a few candles for a relaxed atmosphere, a soft and cuddly dressing gown — that’ll soon warm you up again!
- Curl up at home on the sofa in your favourite blanket. And drink a mug of hot organic herbal tea — that will chase the shivers away.

5. **Keep going!**

Some days it will be easy, on others you’ll have to pull yourself together to go on. That’s totally normal.

The important thing is: **keep going!**

- It’s easier to get through the Wellness week if there are two of you doing it, or if you’re in a group. Mutual motivation helps most!
- Pamper yourself! That makes it so much easier
- Focus on how proud you will feel on the seventh day

Make notes of what you want to do during this week, or for the time afterwards:

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This is how your body might react...

**Fatigue**

You may feel more tired than normal.
- Make sure your body gets enough sleep, and go to bed earlier than normal. That will give you enough energy for the next day.
- There are no objections to a leisurely stroll. However, avoid extreme physical exertion.
- Stand up every now and again whilst you’re working, stretch, and do a few little exercises.

**Mood swings**

You may feel more listless than normal during the Biotta Wellness week.
- Look forward to the end of your working day, and when you get home, enjoy doing absolutely nothing for once.
- Embark on the Wellness week together with friends/colleagues/your partner. It’s good to compare notes. This will help you deal with mood swings quickly.

**Headaches and rheumatic pains**

Particularly as you start out on the Biotta Wellness week, you may experience headaches or rheumatic pains. These may be withdrawal symptoms from coffee, black tea or nicotine, or caused by the detoxification process.
- Massage your temples with a soft, circular movement to alleviate a headache.
- Treat yourself to a relaxing massage, that will relax your limbs.
- Drinking a lot helps. Two litres of liquid a day are the minimum. Always keep a full glass nearby, then you’ll automatically remember to drink.
- Make sure you get sufficient sleep.

**Oral hygiene**

During the Biotta Wellness week, you may suffer from bad breath.
- Clean your teeth more frequently, preferably for longer and more thoroughly than normal.
- Finish off with a mouth rinse.
- If you have a furry tongue, try a tongue cleaner (available from your local health food shop or chemist).
- If you have mouth ulcers, try cold sage tea.
- Sugar-free chewable tablets or chewing gum are ideal for when you’re out and about.

**Tip:**
- If you feel weak or dizzy, a teaspoon of honey or dextrose can help.
First of all — congratulations!
You can be proud of yourself!
During the last week, you’ve got to know your body better. Now is the perfect moment to shake off bad eating habits and eat more healthily.

- Eat your food consciously. It’s particularly important to take sufficient time over your meals. That will turn even a snack into a feast.
- After the recovery day, start eating smaller, lighter meals with less meat. Your stomach and bowels need to be given time to get going again.
- Learn to listen to your body signals. You normally don’t feel full until approximately 20 minutes after you’ve finished your meal.
- Treat yourself to fresh fruit and vegetables every day.
- Drinking plenty is a major success factor. Your body needs 2 litres of fluids every day. If you exercise, this increases to 3 litres. Ideally, you should be drinking lots of tea, non-carbonated water and organically grown fruit and vegetable juices.

Have you tried our other Biotta juices yet?

Wellness feeling for in-between
Listless & tired?

Sometimes it can help to have just a single wellness day.
It’s very easy:
On your wellness day, drink only Biotta fruit and vegetable juices plus at least 2 litres of unsweetened tea or non-carbonated water.

Decide yourself which Biotta fruit and vegetable juices to drink. Choose your own favourites from Biotta’s extensive range. Vegetable juices have the advantage of a balanced proportion of potassium and sodium, making them more suitable for detoxifying.

- If you only want a single wellness day, you don’t need a preparatory day first. However, you prepare yourself and your body better for your wellness day if you only have a light meal or a bowl of soup the evening before.
- The same applies here too: drink, drink, drink. Even if you’re only having a single wellness day, it’s very important to drink at least 2 litres.
- If your digestive system is functioning normally, 1 glass of Biotta Digest on an empty stomach on the morning of your wellness day should be sufficient. Otherwise, just drink a glass of Biotta Digest the evening before.

We are delighted to have accompanied you through your Wellness week.
We wish you all the best, and hope you continue to enjoy Biotta juices.

Feeling so good after the recovery day that you’d preferably like to extend the Wellness week by a few days? Our compliments!
Just follow the same plan again (days 1 - 5) and finish off your Biotta Wellness week with the recovery day.
For more than 50 years, our production site by Lake Constance has been producing top quality, freshly squeezed fruit and vegetable juices. Our natural organic juices, made of the very best ingredients, can be enjoyed with a completely clear conscience. We do not use artificial additives or added sugar. All ingredients are carefully selected and monitored. Besides top quality and top taste, we place great value on working together with our partners long-term in a spirit of mutual trust, and on dealing respectfully with nature.
My Wellness week

Day 1

Preparatory day

The preparatory day is intended to get your body ready for the week to come.

To make it easier to follow the menu plan, it is best to:

- Drink a lot of herbal tea or water
- Go on a meat-free diet for 1 day
- Eat easily digestible food (e.g., pasta)

Spread over the day

Morning

- 1 glass lukewarm water
- 1 glass Biotta Digest (100 ml)
- 1 flax seed

Lunch

- 1 glass Biotta Digest (100 ml)
- 1 ripe pear or apple, chew slowly and properly

 Afternoon

- 1 glass Biotta Vita 7 (100 ml)
- 2 tea spoonfuls (swallow whole) flax seed

Day 2

Today in your first day completely without solid food.

We wish you all the best to keep going — you can do it!

You've successfully completed your first juice day.

Away we go to day 3.

Day 3

Day 3 — and you're already halfway there! Take this seriously; it's just as important. We wish you lots of stamina to keep going — now we can get going properly.

What do we have in store for you today?

- 2 medium-sized, steamed carrots
- 2 medium-sized boiled potatoes, a little low-fat quark
- 2 teaspoonfuls (swallow whole) organic flax seed

Biotta Digest (100 ml)

with

- 2 level teaspoonfuls (swallow whole) organic flax seed
- 1 glass Biotta Digest (100 ml), slowly and in sips
- 2 level teaspoonfuls organic flax seed (swallow whole) with organic herbal tea or water

Over the course of the day, drink 1 bottle of Biotta Vita 7 (100 ml) and 2 litres of organic herbal tea or water.