

# Dr. P. Jentschura Cure

## Alkaline Treatments

Foot Bath, Steam Bath, Alkaline Inhalations, Full Bath, Alkaline Stockings, Fleece Mask, Alkaline Compresses, Peeling, Alkaline Brushing, Alkaline Tooth Care

### 1 Foot bath

A helpful way to offering your body relaxation, purification and beauty.

Our feet work as “auxiliary kidneys” for our organism. On the leg we can observe the phenomenon that while the thigh is an accumulation organ, which is obvious for example by the way cellulite occurs there, the lower leg and foot are elimination organs. This means that you can eliminate toxins via your feet.

To obtain the full benefits of the foot bath, you should use it two or three times a week, preferably in the evening before you go to bed. This will help you to get to sleep remarkably easily and experience the benefits of the minerals and gemstones contained in MeineBase (AlkaBath).

#### You will need:

1 teaspoon of MeineBase (AlkaBath), sufficient water at a pleasant temperature and a foot bath or other container with enough room for your feet. The temperature is usually body temperature, but for healthy feet without varicose veins or open ulcers it can also be a little warmer than this.

For foot and toe problems, such as those just mentioned, temperatures between 25° and 33°C should be chosen.

We recommend that your foot bath should last between 15 or 30 minutes and an hour. Optimum effects can be achieved from your foot bath by brushing both feet alternately while they are relaxing in the water. The P. Jentschura body brush is recommended for this. It is important to brush in the elimination direction, in other words towards your toes. If you have varicose veins, you should brush carefully.

## 2 MeineBase® (AlkaBath) in a steam bath

You should prepare carefully for this heat treatment so that you don't suffer any unnecessary losses of minerals and cell water during the inevitable sweating.

Two hours before going into the steam bath, drink one litre of 7x7 KräuterTee ( 7x7 AlkaHerb), and then if possible another liter of non-carbonated water which is low in minerals. You should also take two to three teaspoons of WurzelKraft (AlkaLife).

In this way you will equip your body with "dishwashing liquid" and aids to elimination, but above all with plenty of water and minerals, so that during the strong sweating your body won't suffer any losses of these two important substances.

In the steam bath we apply a mixture of alkaline salt and liquid honey, mixed together in equal proportions to make a paste which is easy to spread. First put the salt in a bowl, then add a shot of water, stir briefly and then add the liquid honey.

Applying the paste to the body is a real pleasure. After 5 to 10 minutes, the honey and salt mixture is massaged in using the massage technique described on the next page.

Firstly you should sweat in the steam bath for 10 minutes, then remain in the steam bath and massage the honey and salt poultice in well for a further 10 to 15 minutes using the recommended massage technique. Shower the paste off, take a short rest and then the process may be repeated in the steam bath.

It is both surprising and enjoyable to see how much can be eliminated by the skin both during the preparation phase, when drinking the tea and water, and during the steam bath, when the WurzelKraft encourages metabolization and kidney function. This can often be seen by the towel changing color.

Please avoid washing your pleasantly self-oiled skin with shower foam. Instead enjoy the deep satisfaction of experiencing the wonderfully self-oiling effect and the very agreeable skin care provided by the honey and salt alkaline mixture, which will have successfully activated the sebaceous glands all over your body.

This skin care will give you truly baby soft skin such as you have not experienced on your own body for many years!

## Preparing the alkaline mixture for body and face

### Body mixture:

Mix liquid honey and MeineBase (AlkaBath) in equal proportions (1 tablespoon honey to 1 tablespoon MeineBase per person) with a small amount of water.

### Face and décolleté mixture:

1 knife tip of MeineBase (AlkaBath), 1 teaspoon of quark and honey powder and 3 teaspoons of water

## Massage in the steam bath

After applying the honey and salt mixture to the body, and the quark and honey mask with MeineBase bath salts to the face, the massage is self-administered as shown:

### Head area

1. Using the index finger and middle finger massage upwards and downwards along the outer ear.
2. With the index finger smooth out from the side of the nose towards the forehead along the eyebrow.
3. Using the flat of your hands smooth out from the middle of the chin to under the chin.
4. Finally smooth out to the tip of the chin.

## Body

1. Starting with the left hand massage the nape of the neck with light circling movements towards the elbow and around the joint, then up to the fingertips.
2. Smooth out along the inside of the arm towards the underarm with flowing movements. Repeat the process on the left side of the body using the right hand.
3. Circling around the chest, smooth out to the underarm with flowing movements.
4. Massage upper stomach area circling from right to left and lower stomach area circling from left to right (in parallel).
5. Massage upper leg down to the toes with flowing movements. Smooth out over the inside of the leg upwards to the groin.
6. Massage feet and hands in elimination direction.

## The alkaline steam bath

### 1. 1 hour beforehand:

- 2–3 teaspoons of WurzelKraft (AlkaLife)
- 1–2 cups or more of 7x7 KräuterTee (7x7 AlkaHerb)
- 1 glass or more of non-carbonated water

### 2. Applying the honey and salt mixture in the steam bath:

- During the steam bath work the mixture in using a special massage technique.
- Leave to work for 15–20 minutes, and then shower off.

## 3 Alkaline inhalations

Alkaline inhalations are a great and effective method for cleansing inside the head and its organs.

For an alkaline inhalation you need either a two-part plastic set, or a bowl made of plastic or metal, plus boiling water and a heaped teaspoon of MeineBase alkaline bath salts. The plastic set can be used during your break at work if needed, and the bowl can be used at home. You can buy an inexpensive plastic two-part inhalation set at a pharmacy.

If you are using a metal bowl, warm this before making your inhalation so that the boiling water you pour in doesn't cool down too fast. Add a heaped teaspoon of MeineBase (AlkaBath) to two to three liters of water. Stir the solution well to dissolve the salts.

For approximately 300 ml of boiling water in the lower pan of the inhalation set, you will need only a heaped knife tip of MeineBase (AlkaBath). You should inhale for two to three minutes at a time.

If you inhale over a bowl, then you should place a large towel over your head and neck when bending over the bowl so as to inhale especially intensively. If you have sensitive mucous membranes, you can also inhale without using this towel.

You do not need to add anything else to the water and MeineBase (AlkaBath). The alkalinity of the steaming solution will draw acids and toxins out of the tissues via the mucous membranes like a magnet.

## 4 A full bath in your bath tub

The full bath is a wonderful experience. In the full bath you will feel just as you did when you were an embryo in the amniotic fluid where you spent your first nine months. For a full bath, take two to four tablespoons of MeineBase alkaline bath salts. First fill the tub with water and then add the salts.

The temperature of the water should be between 25° and 33°C. Our organism will keep this constant during the bath. You may rarely have to add more warm water if you stay in the bath for a long time.

Please bear in mind that in trying to keep the water temperature constant, the body will not only transport heat outwards, but at the same time will also transport all sorts of harmful substances into the sweat and sebaceous glands to take advantage of the opportunity which has presented itself and eliminate them. In the reverse case, where the outside temperature exceeds that of the body, the body is forced to dissipate heat inwards and breathe this out via the lungs. High bath temperatures prevent rather than encouraging elimination, and put a strain on the circulation.

Dr. Peter Jentschura's saying applies here: "Body processes work at an optimum level at body temperature."

We recommend taking an alkaline full bath at least two or three times a week, lasting at least 30 minutes. It is even better if the bath can last for one or more hours.

Right at the beginning of your bath, you should reach for your hand and nail brush and carefully brush your fingernails and fingers, your hands and the joints of your fingers, hands and elbows. Then do the same with your feet, lower legs and knees.

You can brush your upper arms, the nape of your neck and your thighs with the body brush.

Then, using the cosmetic or facial brush, the neck, face, bust, stomach and lower body should be brushed, always in the elimination direction. This means towards the underarms, towards the middle of the stomach, towards the groin area and towards the genital area.

Now stand up and use the bath brush to massage your hips, and your buttocks up to the anal area. The thighs will benefit from a second treatment, brushing them up and down, but with the main pressure going from the knee upwards towards the genital and anal area.

Brush your back with the long-handled bath brush, or you may even have a helpful soul who will do this for you.

The cleansing effect of the full bath depends on the alkalinity of the water. With the MeineBase alkaline bath salts, the water will have a pH value of 8.5. The alkalinity of the water offers you an effective way of eliminating the impurities in your body via the skin.

## 5 AlkalineStockings

The AlkalineStockings are a practical solution if you have insufficient time for full baths. In addition, they encourage the breakdown of cellulite.

We have our thighs and feet as “auxiliary kidneys” for the human body. So it is logical to use these areas of the body to eliminate harmful substances which have either accumulated there, or been transported there.

AlkalineStockings worn overnight are particularly suitable for this.

A pack contains 2 pairs, an inner pair made of cotton and an outer pair made of pure virgin wool. The cotton inner pair is immersed in a liter of water containing one teaspoon of MeineBase (AlkaBath), wrung out well and then pulled up over the legs. Then the pure new wool outer stockings are put on over the top. Next morning both stockings, are generally dry.

It is not necessary that the stockings cover the entire leg, the stockings reach to above the knee. They do not need to come up any higher as elimination takes place only via the lower legs and the feet. The thighs are accumulation organs.

Of course the AlkalineStockings are not just suitable for wearing as stockings. They can equally well be worn overnight, or if so wished during the day too, as AlkalineSleeves. They are an excellent aid to elimination.

If no suitable cloths are to hand, the cotton inner stockings can of course also be worn as compresses for or on any part of the body. For this they should first be immersed in the alkaline solution, then squeezed or wrung out, then applied together with their residual moisture and covered with one or two pure virgin wool stockings. A large towel or covering should be placed on top, and for the liver and kidneys a hot water bottle.

If you have head or respiratory problems, then you should apply an alkaline neck compress overnight and use alkaline inhalations during the day.

The eliminatory effect of the AlkalineStockings can not be overstated. They will help you if you suffer from swollen feet and legs, or edemas. You will see a marked improvement to your legs after just one use.

## 6 Alkaline Fleece Mask:

regenerative alkaline care for face, neck and décolleté.

Add a knife tip of MeineBase to 30 - 40 ml of warm water to make a solution with a ph value of around pH 8.5.

Immerse a fleece mask in this solution, wet thoroughly, remove and squeeze out until it stops dripping. Then apply the moist mask to cleansed skin for approximately 20 minutes. During this period, the face, neck and décolleté are covered and kept warm and dry.

The alkalinity of the mask causes the acids and toxins to be eliminated through the sebaceous glands, enabling self-oiling of the skin and regeneration of the sebaceous glands.

Once the mask has been removed, normally no further treatment is required. But if you think further care would be useful, please apply an alkaline cream.

## 7 Alkaline compresses

Whenever our forefathers had an itch, or burned, hurt or sweated anywhere, they would automatically apply a compress. Chemically these compresses were alkaline. Think for instance of the quark compresses or herbal compresses that used to be applied.

To prepare these, they would take a handful of fresh or dried herbs, steam them briefly in a linen cloth in the same way as when making steamed noodles, allow them to cool to a comfortable temperature and then place them in a linen bag and apply to the part of the body to be treated.

A linen bag like this is easy and quick to prepare, for instance using a small handful of 7x7 KräuterTee (7x7 AlkaHerb). This is either steamed as described, or can have a little hot water poured over it until a warm herbal porridge is formed, which can then be applied in a little bag.

It is even simpler to make a basic infusion which can be applied to organs, joints or other parts of the body for all kinds of compresses. You should always take one to two liters of water and stir in a heaped teaspoon of MeineBase (AlkaBath). In this solution immerse an inner cloth of linen or wide-meshed cotton, or a fine thin cotton cloth or special fleeces from a specialist retailer, a child's nappy, a headband, our AlkalineStockings or Sleeves or even a vest, cotton roll neck or underpants. Thick and dense cotton towels are too thick to be used as inner cloths.

After being immersed, these items are wrung out and applied or put on together with the residual moisture.

A dry cotton cloth, such as a hand towel, can be used as an intermediate cloth. Finally tuck up well using a woolen blanket. Care should be taken to wrap the dry outer cloth closely around the wet compress without leaving any air pockets. If the cloth is not consistently wrapped round, this can lead to undesired heating or undesired cooling down.

Most compresses can be worn overnight without any problems. But please bear in mind that for liver and kidney compresses, there should always also be a hot water bottle next to the warm covering or for overnight application tuck in a heat cushion.

The effectiveness of alkaline compresses of this kind is due to their alkalinity, in other words their alkaline value which is roughly between pH 8 and pH 8.5. Due to the difference in concentration, these draw acids, toxins and harmful substances out of the affected "acid" regions of the body. So why not simply benefit from the simple active principles Mother Nature gave us!

### **The alkaline body or liver compress**

1 hour beforehand:

- 11–2 teaspoons of WurzelKraft (AlkaLife)
- 1–2 cups of 7x7 KräuterTee (7x7 AlkaHerb)
- 1 glass of non-carbonated water

Make up an alkaline solution using 2-3 litres of warm water and 1-2 tablespoons of MeineBase (AlkaBath)

A warm compress is at 41°C.

A cold compress is at 22°



### What you will need:

- 11 linen or cotton cloth, moist
- 1 cotton cloth
- 1 woolen blanket
- at least 45 minutes time
- 1 heat cushion
- 1 bath thermometer

### Position for the body compress:

- Lower ribcage to mid-thigh

### Position for the liver compress:

- Lower ribcage to groin area

### What to do:

#### 1. Wrap cloths firmly around the body without wrinkles:

- a linen or cotton cloth against the skin
- on top of this, a cotton cloth
- over this, a woolen blanket

Wrap up well  
Remain lying down for 45 to 60 minutes  
Sleep is beneficial

Don't forget your hot water bottle or heat cushion!

#### Tip:

The body must be well warmed in advance. When the compress is applied properly and with the right reaction, the compress should no longer feel cold after 10 minutes.

However, if it does still feel cold, apply warmth (heat cushion, warm drinks, tea). If this does not help, remove the compress.

Particularly with large compresses, care should be taken not to create any air pockets (uneven heating or cooling), and you should ensure that the compress fits closely.

## 8 Alkaline neck wrap

The alkaline neck wrap should be used once or twice a week for head and bronchial problems, and can also be used to regenerate lost hair growth. If you are looking for improvement in one of these areas, you should wear these alkaline wraps as far as possible every night, for at least six months. Head problems for which alkaline neck wraps have proved to be useful are Parkinson's, Alzheimer's, tinnitus, migraine, headaches, eye and ear problems, dizziness, forgetfulness and also bronchial problems and bronchial asthma.

Research carried out by Professor Friedrich Sander and Josef Lohkämper has shown that every night two acid flows pass through the cells, tissues and structures of our body, one of normal intensity and one which is stronger. The normal flow flushes through our body in the period between 23.00 and 01.00 at night, and the other one, the strongest of the total of four acid flows every day, is in the morning from around 05.00 to around 07.00. This is the reason why our urine has its highest level of acidity of the entire day at around 07.00 in the morning.

But before the acids leave the body via the kidneys and the bladder, they may have caused damage to our organism. They corrode, they burn and they destroy structures, resulting in functional failures and structural losses which can be observed in the long term.

To avoid problems in the head area, neck and the bronchial tubes, we recommend using the alkaline neck wrap every night. We use an inner stocking made of cotton from our AlkalineStockings. However, we only soak half of it in the solution. This half is then well wrung out and wrapped loosely around the neck, with the dry half around it, then further dry soft towels around this so that you do not get cold during the night.

This alkaline neck compress is of great benefit both for the neck, head and throat, and also for hair loss and for the organs which are situated in the head. The use of the compress provides effective relief and alkalizing, and these areas are not then flushed by the two acid flows night after night.

One of the most welcome effects of the alkaline neck wrap is on our sleep. When the neck wrap is used in combination with the AlkalineStockings, the acid flows scarcely reach the head. They are drawn out of the organism either at the feet or at the neck.

This is the well-known active principle of balancing out concentrations, between the high acid concentrations in the structures of the body or in the blood at night, and the low acid concentrations in the AlkalineStockings or the alkaline neck compress.

The alkaline neck compress not only makes an excellent contribution to solving head, neck and bronchial problems. It also significantly improves the appearance of the skin in the neck, nape and décolleté areas!

## 9 Peeling

MeineBase is excellently for use in peelings. The skin responds immediately: You will perceive the characteristic smoothness of skin which is free from dead cells, and your skin will immediately feel soft, because alkaline care using MeineBase stimulates the skin to oil itself. This makes the further use of moisturizing lotions unnecessary.

A peeling stimulates the sebaceous and sweat glands, and the alkalinity of the alkaline bath salts activates the glands which secrete sebum. This oils the skin in a very pleasant way.

You can also use the alkaline bath salts for a peeling on your feet. Prepare two bowls, one containing the salts and the other containing olive oil. First apply some olive oil to one foot and massage gently. Then apply some of the salts and massage your foot a little more firmly with the main pressure being towards your toes. Do this with both feet. This peeling is excellent for treating horny skin.

If your skin is irritated or is very dry from being in the sun, a gentle peeling with the alkaline bath salts will help. Moisten your face with water and then apply a knife tip of the alkaline salts. Massage your face gently with your fingertips. The alkaline salt will remove the dead cells from the skin on your face, and your skin will moisturize itself pleasantly due to the alkalinity. The alkaline face mask is recommended as a follow-on treatment.

If you have problems with acne, you should avoid using MeineBase (AlkaBath) directly on your face and instead take foot baths so that impurities are eliminated discreetly and more quickly via your feet.

# 10 Brushes

## Brush massage for body, mind and spirit

Brushing our skin offers a number of benefits, such as a constant stimulation of the blood circulation, peeling, cleansing and a pleasant physical sensation.

We offer a broad range of brushes for everyday use, for example with the hand and nail brush, the small facial brush or the body brush, which can be used for both dry and wet brushing. In addition we also offer special brushes for professional massage.

We recommend brushing in the elimination direction, in other words towards the tips of the fingers and toes, towards the underarms, the anus and the genital zone. You should also regularly brush under your fingernails and toenails, because:

**All's well that ends well!**

## My brushing treatment

My brushing treatment uses the skin's elimination function and takes account of the body's elimination channels. Substances which our elimination organs – the kidneys, intestines and lungs – are unable to eliminate are transported by our organism to areas of the skin which have a large number of glands so that they can be released there instead. We are aware of this for instance in the form of sweating.

**Elimination regions of this kind include:**

- Feet and hands
- Underarms and lower legs
- Head and back of the neck
- Hollows of the knees and bends of the elbows
- Armpits and groin area
- Urogenital and anal area

The skin in these areas has up to 200 sweat glands per cm<sup>2</sup> and numerous sebaceous glands.

Regular brushing stimulates the body's elimination mechanism via the skin and cleanses it at the same time. Brushing is an extremely effective way of keeping the entire body clean and problem-free.

The skin is an organ with many functions. It protects us externally and reflects the way we are internally. It can eliminate what is harmful and absorb what is useful. Via the numerous nerves we are emotionally connected with our environment, show our internal emotions and perceive external stimuli. The skin is open to feelings.

Brush massages stroke our body, mind and spirit. Dry and wet brushing improve our well-being and regenerate our body. Brushing stimulates the blood and the circulation, and the entire nervous system. Early morning tiredness, difficulty in getting up and tiredness in between are quickly overcome.

## 11 Alkaline body care for babies

From the age of ten months, a baby can eat our porridge based on millet and buckwheat, with apple and pineapple, pumpkin seeds, sunflower seeds, almonds and amaranth, which will provide it with a very healthy breakfast. This porridge is very suitable for babies as it is gluten-free, low in cholesterol, has no additives and is an alkaline-generating food.

As a ten-month-old baby's teeth are still developing, it is important to prepare MorgenStund' with care. Take two tablespoons of MorgenStund' into a saucepan with 180-200 ml of water. Bring this mixture to the boil and leave it to simmer slowly for three to four minutes. Then take the pan off the heat and leave the porridge to stand covered for about five minutes. The porridge should then be tried, to make sure it is not served too hot for the baby.

Alkaline body care is recommended for babies.

MeineBase (AlkaBath) is a perfect replica of the cleansing function of the amniotic fluid. It works on the basis of the removal of acid substances and toxins via the skin in an alkaline medium. By bathing your baby in this solution you will prevent a buildup of contaminations in its small body. And the alkaline bath also guarantees that your child will sleep like a little angel.

An alkaline bath is equally recommended for a baby whose skin has been irritated by sweat or minor allergies, or by rough threads in his clothes.

## 12 Alkaline tooth care

A Human saliva used to be alkaline, with acidity levels between pH 7.2 and pH 7.5. Nowadays it is generally slightly acid, with acidity levels below pH 7. This is anything but healthy. These acid values simply reflect the increasing acidification of our organism, which eliminates acid plaque via the periodontal pockets and acids via the saliva.

The consequences are well known:

Caries, periodontosis, a coated tongue, phlegm in the throat and eliminations via the tonsils.

We can support these eliminations by using alkaline mouth and tooth care. As well as regular alkaline gargling and rinsing our mucous membranes, we can clean our teeth with alkaline substances. To do this, every morning and evening simply sprinkle some alkaline MeineBase bath salts on a wet toothbrush and rub your teeth and gums gently with it.

Clean your top teeth with a gentle half turn from top to bottom, and the lower teeth with a gentle half turn from bottom to top. It is better to brush gently for a long time than quickly and vigorously. Our gums have become much too sensitive to be subjected to such drastic tortures.

The alkaline salt not only cleans the teeth and the gaps between the teeth, but over time also removes harmful substances which have become lodged in the gums together with any water which has built up there and is diluting these substances. The gums can therefore become stronger again. Above all dental calculus will disappear permanently and will not build up again.