

P. Jentschura[®]

Our metabolism is
omnimolecular

Omnimolecular
Products
for Strengthening,
Cleansing
& Regeneration



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Our metabolism is omnimolecular

Dear customers,

as any other manifestation or phenomenon in our material universe, the human metabolism is organized in a bipolar way. There is a constructive and a degrading metabolism with their scientific definitions: anabolic and catabolic. For the lasting maintenance of the tissues, organs and functions which are necessary for this metabolism, the constructive metabolism needs high-energy minerals and vital substances, the degrading metabolism needs destructive chemical elements, the so-called halogens, such as chlorine and fluorine. Both the anabolic and the catabolic metabolism need water as a transport medium.

In the water the female oxygen plays a vital role, as both – water and our organism – consist of more than 80 % oxygen. Oxygen is the oxidizer, absorber and designer of our metabolism and our structures. Generally, this element is the mother of our organism and, of course, of our planet, which owes his blue color and name 'the blue planet' to the blue color of the oxygen gas.



Gertrud and Peter Jentschura

Looking back to the origins of our life, we quickly recognize the way our metabolism works. For nine months, we grow up in the womb of our mother and are, embryo or foetus, supplied by the arterial blood of our mother, which by its venous return takes along as many as possible harmful substances of the small growing body.

What we also learn from the foetus is that nature likes to play it safe. It fulfills a second disposal function by placing the unborn life into the alkalinity of the alkaline amniotic fluid. The alkaline fluid pulls the harmful water-soluble substances through the sweat glands and the fat-soluble substances through the sebaceous glands from the growing organism. The alkaline body care we have developed addresses this excretory programme of the prenatal development.

If we picture how many tissues, organs and other structures are growing in the small body, we can imagine the encompassing need which is necessary for this ingenious construction. The mother's blood contains all necessary substances in a scientifically intangible mixture, seemingly diffuse but encompassing and supplying and constructing. But: how does the small organism manage to build its own body from this seemingly diffuse but rich selection?

It's not the intelligence of the mixture of the juice. It's the intelligence, or, if you like, the ingenious programming of cells and tissues which enable them to select exactly those substances from the omnimolecular offer which are vital for their development. Later in life the same innumerable elements from plant-based and therefore high-energy nutrients are required for the continuous renewal of the growing organism and the maintenance of all its functions.

We suppose that the innumerable organs and organelles and the countless functions of our organism have a continuous and great demand for really all elements of the chemical periodical system.

Therefore, we have made it our top priority in our company for the composition of all food we produce to make a qualified contribution to the omnimolecular supply of the organism and its metabolism. This contribution consists in the production and delivery of omnimolecular alkaline food which, due to its high content in energy-rich minerals, are also metabolized in an alkaline-forming way.

Logically, in our daily nutrition the anabolic metabolism which is responsible for the continuous renewal has priority. Therefore, we produce our food in an 80:20 % ratio in favour of alkaline-forming minerals. In any case: Acids and other harmful waste materials, such as lactic acid, uric acid, carbonic acid and countless other metabolic waste products occur without our intervention.

Let's listen and learn from the term 'metabolism' - it tells us what to do. The substances we provide our body with every day through our food, through the air we breathe in or the fluids we drink change their chemical composition in performing their anabolic or catabolic tasks. For example, acids and mineral substances form so-called impurities. These harmful substances must be removed from our organism as soon as possible.

Of course, there are many other tasks for our metabolism, which have to be performed by our organs, tissues and secretions. They all need innumerable substances for their vital functions which provide the omnimolecular quality we demand. Looking at our depleted 'modern fast food' diet we demand omnimolecular food for us. We are delighted to offer you completely organic products like WurzelKraft / Alka-Life, which contains 103 plants. We proudly name it 'supreme food'.

Of course, the requirement for a comprehensive omnimolecularity also applies to the other food products 7x7 KräuterTee / AlkaHerb, MorgenStund' and TischleinDeckDich. In total we process 150 different plants, as for generations we have been professionally involved with plants and thus benefit from an extensive knowledge in phytotherapy.

The primary and effective function of our alkaline products MeineBase / AlkaBath and BasenSchauer is



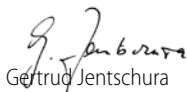
Gertrud Jentschura (70) and her granddaughter Elena (8)

cleansing by alkalinity. These products work with natural ingredients such as sea salt, many ground precious stones and natural minerals and therefore guarantee a comprehensive omnimolecularity.

We greet you with the best wishes for an efficient metabolism with our corporate slogan:

"JENTSCHURA ... AND EVERYTHING WORKS."

Yours faithfully,


Gertrud Jentschura


Dr. h.c. Peter Jentschura

Pristine and wholesome nature made by P. Jentschura

Dear customers,

we are happy to introduce you to the fascination and variety of the P. Jentschura product range.

Looking back at more than 30 years of research and development, we are proud of our origins as herbalists, which go back many years into the last century. Our findings and knowledge about the importance of a balanced acid-alkaline regulation have entered our recipes for the alkaline personal care products and natural foods. They can make a significant contribution to your health and beauty as well as to your physical and mental performance.

Highest quality demands, unique formulas as well as its pristine and wholesome condition characterize the award-winning range of products of our family business.

We wish you great joy in getting to know our premium brand products.

Your


Roland Jentschura


Barbara Jentschura





Proven for more than three decades

"Are you looking for the highest, the greatest? The plant can teach you. What she is without will – be it willingly – that's it!" Friedrich Schiller

Inspired by nature, and for more than three decades now, Dr. h. c. P. Jentschura benefits from his knowledge about herbs and medicinal plants to create original and effective recipes for our products.

Innovative alkaline and omnimolecular

Jentschura International GmbH, with its umbrella brand P. Jentschura, is a world-wide leading developer and manufacturer of alkaline-forming food, alkaline body care products and alkaline textiles. About 100 employees are currently working for the family business which was founded in 1993 with its head office in Münster, North Rhine-Westphalia, Germany.

We consider ourselves as a manufacturer – dedicated to thinking and acting according to nature and the needs of human beings. Our premium 'healthcare and beauty products' won several awards (e.g. 'Wellness & Spa Innovation Award 2015 & 2016', 'Reformware 2013', 'Leserpreis 2017' of the German magazine 'Natürlich'). As the international market leader, we export our holistic products and concepts for health, beauty, vitality and joie de vivre to 26 countries worldwide. Besides our largest market Germany, we supply to our European neighbour countries as well as to Mexico, Canada, Russia, Kazakhstan, Taiwan and Korea.

Jentschura products are available in health food stores, drugstores and organic food stores, pharmacies as well as in fitness studios, beauty institutes and spas, and health and wellness hotels.

Despite its expansion and market penetration, P. Jentschura has preserved its down-to-earth attitude as a company value. As a result, Jentschura products 'Made in Germany' shape the worldwide markets, and their motivated and happy employees convince through excellent performance and with creative and trend-setting innovations.





Well-being and vitality

The P. Jentschura alkaline health products not only sustainably ensure a well-balanced acid-alkaline ratio, people also enjoy their great taste.

When we create healthy alkaline products, we make sure that they are not only nutritious but also delicious. Our pure and natural products supply the organism with all vital nutrients on a daily basis.

P. Jentschura organic food – with the force of nature

Well supplied cells are a vital prerequisite for shiny hair, bright eyes, firm connective tissue and clear skin. But only few people are aware of the fact that having beautiful skin depends decisively on how we eat.

The basis for an efficient metabolism and an attractive appearance is a healthy acid-alkaline balance. Our physical and mental fitness along with our capacity for regeneration depends on the supply of omnimolecular vital nutrients.

Excessive acids from the consumption of too much meat and sausage, white flour products, sweets and soft drinks or from stress and environmental influences disturb this balance. In order to rebalance the body our diet should include an intake of around 80 % alkaline-forming and neutral food, therefore mainly consisting of vegetables,

salads, herbs, sprouts, fruit and gluten-free plants, natural oils and fats and only 20 % of acid-forming food.

Healthy nutrition is crucial and the basis for a beautiful, enviable appearance and good physical health and fitness. Vitamins and minerals not only affect our attractiveness and physical performance but also offer the best protection against disease and premature aging.

P. Jentschura is a leading brand when it comes to the development of high-quality alkaline-forming food. All products are gluten-free, lactose-free and without any added sugar¹.

¹ contains only naturally occurring sugars

For more information on our products and recipes please visit www.p-jentschura.com



Reg.-Nr. 11-1013CAL



Reg.-Nr. 31-1010A



Reg.-Nr. 11-1011A



Reg.-Nr. CAL-14-0513



Discover and enjoy the world of herbs

Uplift your spirit on cold and rainy days and enjoy a cup of hot and marvellously aromatic herbal tea 7x7KräuterTee / AlkaHerb. The fine selection of 49 ingredients like herbs, seeds, spices, roots and flowers is mild and easily digestible and even convinces sophisticated palates with its delicious flavour. On hot days in the summertime the well-balanced herbal mixture can be enjoyed as a cool refreshment.

7x7® KräuterTee / AlkaHerb

Herbal blend for balance

Preparation

For one liter of water use one tablespoon loose tea herbs or two filter bags, for a cup take one teaspoon of loose tea herbs or one filter bag. Add boiling water. Then let infuse for two to three minutes, pour through a sieve or remove the tea bag.

Application

- start drinking 1 to 2 cups per day
- as a course of treatment increase to ½ – 1 l or more per day

Additionally, you should drink approx. 1 to 1 ½ l still water with low mineral content per day.

Product advantages

- enhances well-being
- unique recipe: contains carefully selected herbs, seeds, spices, roots and flowers
- pleasant mild scent and taste
- beneficial effect and easily digestible
- both hot or cool a real treat
- perfect for detoxification and purification treatments
- available as loose tea blend and as practical filter bags

Yield

100 g = 36 l
250 g = 90 l
500 g = 180 l
50 tea bags = 50 cups
100 tea bags = 100 cups

Ingredients:

thyme*, cinnamon bark*, lemon balm leaves*, lemon grass*, lemon peel*, lovage root*, marjoram herb*, wild thyme herb*, ribwort plantain herb*, grape leaves*, hyssop herb*, vervain leaves*, apple*, artichoke herb*, bear garlic herb*, buckwheat herb*, sweet fennel fruits*, cumin*, silver lime flowers*, rosemary leaves*, liquorice root*, anise fruits*, basil leaves*, rose hip shells*, lavender flowers*, lungwort herb*, savory herb*, strawberry leaves*, eucalyptus leaves*, elder flowers*, currant leaves*, coriander*, caraway fruits*, dandelion leaves*, orange peel*, hop flowers*, stinging nettle leaves*, blackberry leaves*, dill fruits*, bilberry leaves*, hibiscus flowers*, raspberry leaves*, ginger root*, cardamom*, marigold flowers*, tarragon leaves*, dill herb*, bilberry fruits*, rose pentals*

* Ingredient from organic farming



DE-ÖKO-064
EU-/ non-EU Agriculture





Experience the limitless variety of nature

For millions of years our organism has developed and adjusted to a primarily vegetarian diet. Plants deliver minerals, vitamins, secondary plant substances and much more in an optimal bioavailability. Each plant is precious on its own, but only contains its characteristic ingredients. Wurzelkraft / AlkaLife combines the nutrients of 100 selected plants to become a unique and omnimolecular, alkaline-forming food.

WurzelKraft® / AlkaLife®

Plant food granules with pollen, fruits, herbs and vegetables

Preparation

WurzelKraft / AlkaLife is a pleasure when consumed pure. It also tastes great mixed with vegetable and fruit juice, porridge, muesli / cereals, apple sauce, linseed or olive oil, salad dressing, cooled off soups and vegetable dishes.

Application

- start with 1 – 2 tsps of WurzelKraft / AlkaLife per day
- increase within a few days to 3x2 tsps per day or at will/at own discretion
- drink 1 – 1 ½ l of still water and / or 7x7 KräuterTee / AlkaHerb

Product Benefits

- gluten and lactose-free
- no added sugars¹
- omnimolecular (lat.: omnes = all) diversity made of 100 fine plants

Yield

Get by with 3 tsps each day

165 g = 2 ½ weeks

330 g = 5 weeks

660 g = 10 weeks

1650 g = 25 weeks

Ingredients:

pollen* 32.5 %, fruit 24.3 % (apple*, pineapple*, mango*, raspberries, bilberries*, acerola*, oranges*, cowberries*, blackberries*, apricots*, orange peel*, cranberries*, lemon peel*) pumpkin seeds*, **lupine***, **sweet almonds***, sunflower seeds*, herbs 2.8 % (liquorice root*, dandelion*, hop flowers*, buckwheat herb*, galangal root*, bear garlic*, stinging nettle leaves*, blond psyllium seeds*, lovage leaves*, rosemary leaves*, thyme*, hyssop*, tarragon leaves*, eucalyptus leaves*, melissa leaves*, field horsetail*, yarrow*, grape leaves (green)*, artichoke*, basil*, savory*, watercress*, dill weed*, vervain leaves*, elder flowers*, black currant leaves*, lavender flowers*, lime tree leaves*, lime tree flowers silver*, pulmonary*, melissa*, orange leaves*, creeping thyme*, stinging nettle*, blackberry leaves*, strawberry leaves*, raspberry leaves*, garden nasturtium*, lemon grass*, corn silk*, marjoram*, rose petals*, celery leaves*, centaury*, chervil leaves*), buckwheat*, millet*, **walnuts***, chufa sedges*, vegetables 1.6 % (beet-root*, cabbage leaves*, red lentils*, carrots*, black radish*, zucchini*, asparagus*, chickpeas*, beans*, broccoli*, horseradish root*, spinach*, onions*), spices*, topinambur*, amaranth*, rose hip*, pomegranate seeds*, **pistachios***

* Ingredient from organic farming

Nutrition Information per 100 g of WurzelKraft / AlkaLife
energy 1711 kJ / 408 kcal, fat 14.85 g (of which are saturated fatty acids 1.83 g), carbohydrates 43.95 g (of which are sugars¹ 30.43 g), fibre 13.35 g, protein 18.10 g, salt 0.03 g

¹ contains only naturally occurring sugars



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*The best
of nature!*



Be creative!

Whether in MorgenStund', juice, a smoothie or fruit salad, in a soup or a salad dressing – WurzelKraft / AlkaLife tastes great with savoury and sweet meals. Each spoon of WurzelKraft / AlkaLife is as valuable as a small salad.

The variety of the plant nutrients in WurzelKraft / AlkaLife creates real enrichment for brain workers, adolescents, athletes, pregnant and nursing women and for elderly people.

Creative recipes with WurzelKraft®/AlkaLife®



Smoothies
– quickly prepared and versatile



Spicy stew of TischleinDeckDich
– with tomatoes and lentils



Start your day with taste, vitality and fitness

Give your day a healthy start with MorgenStund', the millet and buckwheat porridge, and save time with its quick and easy preparation. Simply add a dash of boiling water or simmer very shortly. MorgenStund' is easily digestible and compatible when starting a dietary shift to wholefood. Be inspired every morning and let your creativeness run wild by devising new and tasty versions of MorgenStund'. A real treat for the whole family.

MorgenStund'[®]

Millet and buckwheat porridge with fruit and seeds

Basic recipe (for one serving)

QUICK PREPARATION

- 3 tbsp of MorgenStund' (approx. 35 g)
- approx. 120 – 140 ml water

Add 120 – 140 ml of boiling water to MorgenStund' while stirring and allow to expand for 1 to 2 minutes.



PREPARATION IN A POT

Stir MorgenStund' into 160 – 180 ml of water using an egg whisk. Bring to the boil while stirring, and leave to simmer at low heat for 1 to 2 minutes.



Add cream, rice milk, cinnamon, raisins, nuts, almonds, maple syrup, WurzelKraft / AlkaLife or fresh seasonal fruit at discretion.

The warm breakfast experience

- young and old
- for athletes
- for children
- for pregnant and breastfeeding women and many more

Yield

500 g = 14 servings
1000 g = 28 servings
2000 g = 56 servings

Nutrition Information per 100 g of MorgenStund'

energy 1606 kJ / 381 kcal, fat 7.3 g (of which are saturated fatty acids 0.95 g), carbohydrates 62.5 g (of which are sugars ¹ 12.82 g), fibre 6.8 g, protein 12.9 g, salt 0.04

¹ contains only naturally occurring sugars

Advantages

- fast and simple preparation
- free of gluten and lactose
- no added sugars
(contains only naturally occurring sugar)
- vegan
- variety of creative recipes for breakfast
- also for delicious baked goods like cookies, muffins, macaroons and many more
- 562 kJ / 133 kcal pro portion (35 g)
- source of magnesium contained in a portion of 35 g
- source of Vitamin B₁, biotin and zinc in a portion of 70 g



MorgenStund' cookies

Ingredients

millet*, buckwheat*, dried fruit 13.5 % (pine-apple*, apple*), oil seeds 8.5 % (pumpkin seed*, sunflower seed*, **sweet almonds***), amaranth

* Ingredient from organic farming



DE-144-001



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Natural and healthy – quick and easy

In our fast-paced world it's a real relief to prepare a good meal in the twinkling of an eye – whether a lunch at home or in the office or even as a light supper. It takes just a few minutes to prepare a wholesome and delicious meal for the whole family. Our high-quality quinoa-millet dish with vegetables convinces you by its unique taste and the endless variety of preparations. Enjoy your meal!

TischleinDeckDich®

Quinoa-millet meal with vegetables

Basic recipe (for one serving)

PREPARATION IN A POT

- 8 tbsp (approx. 80 g) TischleinDeckDich
- approx. 320 ml of water or vegetable stock
- herbal salt, if desired 1 – 2 teaspoons of cream cheese, pesto, vegetable oil (for example linseed oil – add after cooling down), butter or cream

Stir TischleinDeckDich into 320 ml water/broth and allow to boil while stirring occasionally. Simmer on low heat for 4 – 5 minutes. Stir occasionally. Season with herbal salt and cream cheese or other.



QUICK PREPARATION

Give 8 tablespoons (approx. 80 g) of TischleinDeckDich into a bowl, add 270 ml of boiling water, stir and leave to expand for 5 minutes. Refine as required and enjoy.



FOR A SMALL SERVING take 5 tablespoons (approx. 50 g) of TischleinDeckDich and approx. 170 ml of boiling water.

Refine as required, e.g. with cream cheese, pesto, vegetarian spread, olives, sheep milk cheese, herbs, spices, herbal salt etc.

Yield

400 g = 5 servings

800 g = 10 servings

Nutritional information per 100 g TischleinDeckDich

energy 1.461 kJ / 346 kcal fat 3.5 g (of which are saturated fatty acids 0.39 g), carbohydrates 6.60 g (of which are sugar¹ 5.69 g), fibres 6.60 g, protein 11.60, salt 0.06 g

¹ naturally occurring sugar

Further recipes

- as a patty
- as a casserole
- as a stew
- as a stuffing
- as a salad
- as a pizza
- as a supplement to vegetables, meat, fish, tofu and many others

Product benefits

- gluten and lactose-free
- source of fibre
- source of protein
- vegan
- quick and easy preparation
- varied and creative recipes
- 1169 kJ / 277 kcal per serving (80 g)
- source of zinc, magnesium, folic acid, potassium, chromium, iron and vitamin B₆ for servings of 80 g

Ingredients

quinoa*, millet*, dried vegetables 23 % (potatoes*, tomatoes*, carrots*, onions*, leeks*, peas*), rice*, basil*, blue fenugreek*, chive*, parsley*, lovage*

* Ingredient from organic farming



DE-144-002



DE-ÖKO-064

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Ingredients

- 150 g TischleinDeckDich
- 3 tsp of red or green pesto
- 1 small glass of dried tomatoes
- 2 tbsp of pumpkin seeds
- 2 tbsp of pine nuts
- ½ tsp salt

TischleinDeckDich crisp bread

1. Add TischleinDeckDich to 480 ml boiling water, stir and allow to expand for 5 minutes.
 2. Season with salt and pesto.
 3. Drain pickled and dried tomatoes, cut into pieces and mix with TischleinDeckDich.
 4. Cover a baking tray with baking paper and spread out the dough as thin as possible (approx. 3 mm). Should there remain some TischleinDeckDich, spread on a second baking tray or just enjoy as a snack.
 5. Spread pumpkin seeds and pine nuts onto the dough and press firmly.
- Tip:** If you like you can directly work the seeds into the TischleinDeckDich dough.
6. Preheat oven to 180 °C (best select 'circulating air'), then bake for 20 minutes on the middle rack. Remove the baking tray from the oven, but do not switch off the oven. Take a sharp knife and cut the dough into large stripes depending on your preference and bake the crisp bread for another 40 minutes.
 7. Allow the crisp bread to cool down and enjoy with a delicious curd cheese with fresh herbs or any other dip.

Creative recipes with P. Jentschura



MorgenStund' dessert

(for 1 serving)

Ingredients

3 tbsps (35 g) of MorgenStund
approx. 160 ml almond or oat milk
some vanilla or cinnamon
fruit compote or fruit
sauce, e.g. cherries,
raspberries or mango
whipped cream and /
or ice cream

Garnish with fresh fruits, almond flakes or chocolate shavings

Whisk MorgenStund' and almond or oat milk. Boil and simmer at a low heat for 1 – 2 minutes and add a small quantity of vanilla or cinnamon. The porridge should not be too liquid.

Alternately fill 3 tablespoons of MorgenStund' and compote into a glass. Refine with whipped cream or ice cream and fresh fruits.



Berry smoothie with WurzelKraft/AlkaLife

(for 1 serving)

Ingredients

75 ml oat milk
optionally a little water
75 g raspberries,
fresh or deep-frozen
½ small banana
1 tsp lemon juice
1 – 2 figs
2 tbsps amaranth popcorn
or chia seeds
1 – 2 mint leaves
1 – 2 tsp WurzelKraft / AlkaLife

Chop all ingredients, put them into a blender and mix well. You can add WurzelKraft / AlkaLife before or after mixing – as you like!



Skin as smooth as silk

Enjoy a comforting alkaline mineral full bath. Warm baths relax and ease your body and mind from a stressful daily life. The full bath activates the largest skin surface and thus most of the sebaceous and sweat glands. This is the most effective application of MeineBase/AlkaBath.

We recommend two alkaline full baths a week at a temperature of 36 – 38 °C for at least 30 minutes.

P. Jentschura body care

inspired by nature

Do you dream of silky and rosy skin that is like the skin of babies? For nine months babies grow in the 'full bath' of the alkaline amniotic fluid. What could be more reasonable than to learn from nature and to cleanse our body with alkaline products?

Our skin is our largest exterior surface in contact with the surrounding world. Is not only a vital protective cover for our body, but also a complex sensory organ. Therefore our skin deserves a particularly natural and gentle care.

Already during the times of the ancient Egyptians and Romans, body care was alkaline. These civilizations used sodium bicarbonate or alkaline soap for their body care.

Alkaline baths and other applications such as alkaline showers, scrubs, body wraps and many more cleanse and nourish the skin to become as soft as velvet and, at the same time, help the skin to oil itself.

The successful and proven tradition of alkaline body care has a revival with MeineBase

/ AlkaBath with a pH value of 8.5 and the shower gel BasenSchauer with a pH value of 7.5. Both products are certified natural cosmetics and they ideally complement each other in their range of application. While MeineBase / AlkaBath is ideally suited for bathing, wraps and compresses and many other applications, the shower gel BasenSchauer is the fast version of body care – an extraordinary shower experience!

The perfect addition to your daily alkaline body care are products with oxygen and essential oils.

Oxygen is the elixir of life for all cells of our organism. This implies that for the optimal supply and vitalization of the skin, oxygen plays an important role. The refreshing skin tonic MiraVera intensely nourishes and harmonizes and gives your face, décolleté and breast an attractive, glowing appearance.

The 3x3 tonic for the scalp soothes the stressed scalp and at the same time stimulates it.





The alkaline foot bath

Alkaline body care products support the natural cleansing function of our skin for noticeably regenerated feet. Alkaline-mineral foot baths are particularly suitable for starting with alkaline body care. You can take a foot bath daily. Integrate alkaline foot baths two to three times per week for at least 30 minutes with a temperature of approx. 38 – 41°C into your daily routine, e.g. when reading or watching TV. This enables our feet, carrying us through life from day to day, to experience a pleasant relief.

MeineBase® / AlkaBath®

Alkaline mineral bath salt pH 8.5

MeineBase / AlkaBath provides a pleasant cleansing and self-oiling of the skin, resulting in a gentle softness.

In the cold season, warm baths relax and ease the body, mind and soul. Refreshingly cool baths activate and regenerate in the warm season.

Experience the special value of the finely ground eight precious stones agate, carnel, citrine, chrysoprase, chalcedony, sapphire, rock crystal and onyx.

Application

MeineBase / AlkaBath alkaline mineral bath salt is highly economical in use, since you only need 3 tbsp for a full bath and 1 tsp for foot baths and body care.

MeineBase / AlkaBath is suitable for full baths, hip and shower baths, foot and hand baths, for rinses, wraps, inhalations and dental care.

Special applications include AlkaWear – alkaline stockings, alkaline cuffs, alkaline armpit cushions, alkaline neck- and forehead wrap, alkaline nape and bronchial tubes wrap, alkaline body wrap, alkaline body wrap cloth and alkaline coat.

MeineBase / AlkaBath is also ideally suitable for massages, steam baths and sauna. Exfoliating alkaline salt scrubs, e.g. after sport, and gentle alkaline baby and children's care complete the full range of applications.

Advantages

- natural cleansing
- pleasant self-oiling of the skin
- very versatile
- for smooth skin like freshly moisturized
- without any preservatives
- without any colours or fragrances

Yield

75 g = 1 – 2 full baths or 10 foot baths
750 g = 15 full baths or 100 foot baths
1500 g = 30 full baths or 200 foot baths
2750 g = 55 full baths or 366 foot baths

Ingredients

sodium bicarbonate, sea salt, sodium carbonate, natural minerals, agate, carnel, citrine, chrysoprase, chalcedony, sapphire, rock crystal and onyx

The natural power of the 8 precious stones



certified according to BDIH standard for natural cosmetics



Measuring cup integrated in the lid



The 4 functions of BasenSchauer

1. Gentle cleansing and skin care
2. Deacidification through the alkaline pH value of approx. 7.5
3. Alkaline stimulation for self-oiling
4. Refreshing and energizing

Further advantages:

- free from parabens, PEGs, paraffins and silicones
- without synthetic colourants or scents
- suitable for sensitive skin
- perfect addition to our bath salt MeineBase / AlkaBath



BasenSchauer®

Alkaline shower gel with minerals, herbal extracts & camphor

Skin compatibility also proven for sensitive skin with dermatological expertise from the Dermatest institute.

More information: www.dermatest.de

BasenSchauer with a pH value of 7.5 harmonizes, vitalizes, and refreshes the whole body. Moisturizing aloe vera, natural minerals, and essential oils nourish the skin intensely and support all its functions. Your skin feels like velvet. The refreshing scent of selected oils treats your senses. Exquisite herbal extracts such as birch and melissa leaves, as well as hop blossoms ensure a soothing and balanced skin.

This high-quality shower gel is unique in that it contains the tried and proven precious stones from MeineBase / AlkaBath. They are: rock crystal, sapphire, carneol, agate, chalcedony, chrysoprase, citrine and onyx – finely ground.

In each bottle, there is a small rock crystal. It is regarded as one of the most important precious stones and brings us clarity and vitality. According to Hildegard von Bingen this healing stone stands for strength and endurance.



Application

Apply an almond-sized amount into the palm, rub and spread it with circular movements on the moist skin.

For a soft shower scrub, mix BasenSchauer with MeineBase / AlkaBath at a 2:1 ratio and enjoy.

Content: 100 ml and 250 ml

Ingredients

Aqua (Aqua demin.), Glycerin*, Coco-Glucoside, Alcohol (Ethylalcohol), Inulin, Lauryl Glucoside, Stearyl Citrate, Xanthan Gum, Camphor, Cyamopsis Tetragonoloba Gum, Aloe Barbadensis Leaf Juice Powder, Natural Minerals, Benzyl Alcohol, Phenethyl Alcohol, Betula Alba Leaf Extract*, Satureia Hortensis Extract*, Borago Officinalis Extract*, Potentilla Anserina Extract*, Humulus Lupulus Flower Extract*, Melissa Officinalis Leaf Extract*, Equisetum Arvense Extract*, Parfum**, Agate, Carneol, Citrine, Chrysoprase, Chalcedony, Sapphire, Rock Crystal, Onyx, Sodium Hydroxide, Limonene**, Citral**

* Made of raw materials from organic farming

** From essential oils



certified according to BDIH standard
for natural cosmetics



dermatest-
garantie.de





The importance of oxygen

Oxygen is the most common element on earth. The human organism consists of 80 % oxygen, and a variety of metabolic processes only work with oxygen. Our body inhales oxygen mainly by breathing. But also our skin provides the organism with this vital element. Oxygen cannot be stored in our body, it must be supplied continuously.

Essential oils with their substances and fragrances are considered to be health-promoting for our organism.

Products with oxygen & essential oils

Skin compatibility
dermatologically
proven.

MiraVera® – for your skin

Refreshing skin tonic

MiraVera is an oxygen-rich skin tonic. It consists of 21 carefully harmonized essential oils, giving MiraVera a pleasant and harmonious fragrance and keeping the oxygen content at a stable level.

Content: 110 ml and 225 ml

Application

MiraVera can be applied to the skin after each cleansing or at will. The oxygen in MiraVera has an invigorating and nourishing effect.

The skin tonic can be used for the daily spraying, dabbing or rubbing into moist or dry skin. For facial application, spray MiraVera onto a cotton pad and gently dab the face.

Ingredients

Aqua (Aqua demin.), Alcohol (Ethylalcohol), Hydrogen Peroxide, Pinus Mugo Leaf Oil, Salvia Officinalis Oil, Pelargonium Graveolens Leaf Oil, Aniba Rosaedora Wood Extract, Illicium Verum Fruit Oil, Cymbopogon Winterianus Herb Oil, Pinus Sylvestris Leaf Oil, Melaleuca Alternifolia Leaf Oil, Citrus Bergamia Peel Oil Expressed, Eugenia Caryophyllus Leaf Oil, Citrus Aurantium Dulcis Peel Oil Expressed, Juniperus Virginiana Wood Oil, Cananga Odorata Flower Oil, Rosmarinus Officinalis Leaf Oil, Thymus Vulgaris Oil, Carum Carvi Fruit Oil, Cupressus Sempervirens Leaf Oil, Citrus Limon Peel Oil, Santalum Album Wood Oil, Lavandula Angustifolia Herb Oil, Juniperus Communis Fruit Oil, Polyglyceryl-10 Laurate, Linalool, Limonene



3x3® – Scalp tonic

Stimulating tonic

Our scalp supplies myriads of hairs with a variety of important nutrients. The 3x3 tonic supports this function with its invigorating effect.

Content: 100 ml

Application

We recommend applying 3x3 tonic sparingly to the scalp two to three times a day using the dropper. Gently massage into the scalp for as long as possible. 3x3 tonic may also be used in combination with an alkaline solution such as MeineBase / AlkaBath.



Ingredients

Aqua (Aqua demin.), Alcohol (Ethylalcohol), Hydrogen Peroxide, Pinus Mugo Leaf Oil, Salvia Officinalis Oil, Pelargonium Graveolens Leaf Oil, Aniba Rosaedora Wood Extract, Illicium Verum Fruit Oil, Cymbopogon Winterianus Herb Oil, Pinus Sylvestris Leaf Oil, Melaleuca Alternifolia Leaf Oil, Citrus Bergamia Peel Oil Expressed, Eugenia Caryophyllus Leaf Oil, Citrus Aurantium Dulcis Peel Oil Expressed, Juniperus Virginiana Wood Oil, Cananga Odorata Flower Oil, Rosmarinus Officinalis Leaf Oil, Thymus Vulgaris Oil, Carum Carvi Fruit Oil, Cupressus Sempervirens Leaf Oil, Citrus Limon Peel Oil, Santalum Album Wood Oil, Lavandula Angustifolia Herb Oil, Juniperus Communis Fruit Oil, Polyglyceryl-10 Laurate, Citronellol, Eugenol, Geraniol, Linalool, Limonene



Relaxation and relief for nape, shoulders and bronchial tubes

Neck pain and tension are increasingly becoming common illnesses among the population. Long hours of desk work, a lack of movement, driving for hours, stress at home and at work, all of this results in tense neck muscles. In case of persisting tensions, it can get painful in the long run and severely restrict daily life.

Alkaline nape and bronchial tubes wrap

The new alkaline nape and bronchial tubes wrap gently relieves muscle tensions of nape and shoulders and results in noticeably more flexibility. Worn unobtrusively underneath your clothing, it not only relieves tension, but also prevents it.

Used as bronchial tubes wrap it can help to soothe respiratory symptoms.

Content

- one molleton wrap
 - material molleton wrap: 100 % cotton
- two gauze pads, to be soaked in an alkaline solution
 - material gauze cushion: 100 % cotton
- available in 3 sizes
- 75 g MeineBase / AlkaBath



Handmade in Germany:

Our complete range of AlkaWear products is exclusively manufactured in Germany and tailored by hand. This is the only way to meet our high quality standards.





How does AlkaWear become alkaline? 1 teaspoon of MeineBase / AlkaBath in ½ litre of water used to moisten the AlkaWear alkaline armpit cushions, alkaline neck and forehead wrap, the alkaline nape and bronchial tubes wrap, the alkaline stockings and alkaline cuffs, the alkaline body wrap and the alkaline coat.

Relax and enjoy



Alkaline care from head to toe is now more practical than ever and works effortlessly – by day or by night – with the high-quality AlkaWear textiles. The combination of AlkaWear textiles and MeineBase / AlkaBath makes it possible: The skin is supported in its natural elimination function. We only use selected textiles free from harmful substances and manufactured in accordance with the German 'Öko-Tex Standard 100', woven and knitted in the Münsterland region in Germany.

Alkaline stockings

Alkaline stockings are suitable for all resting periods during the day or at night – to feel well and relax. They are comfortable to wear and fit loosely, increasing your well-being without any additional expenditure of time. Alkaline stockings can be worn on arms and legs.

Content

- 1 pair of inner stockings and
1 pair of outer stockings
 - material inner stocking:
100 % cotton in white
 - material outer stocking:
100 % virgin wool in off-white
- one size fits all
- 35 g MeineBase / AlkaBath



Alkaline cuffs

The tight-fitting stretch alkaline cuffs are designed for use during or after sports, at work and in daily life. Worn during the day they increase your well-being with hardly any additional expenditure of time. They can be worn on arms and legs.

Content

- 2 pairs of alkaline cuffs
 - material: 97 % cotton and 3 % elastane
 - color: pearl
- one size fits all
- 35 g MeineBase / AlkaBath





Wraps– excellent for applications at home

"As any compress has its own name, so it also has its own effect. And as compresses are quite different from each other, so their effects are quite different. What is similar is that they dissolve, absorb toxic substances, eliminate and thus improve nature."

(Sebastian Kneipp, Mein Testament, 1895)

Alkaline body wrap

Relief and relaxation for the stomach and the back or as liver wrap. Easy to use with the snap fasteners on the mull pad, which can be fastened to the body wrap. A hot-water bottle or a heated mud pack can be placed in the opening on wrap.

The inlay cushions are available as refills in packs of 2



Content

- a wrap with opening
- 1 inlay cushion to be soaked in the alkaline solution
- material:
 - 100 % cotton gauze
- available in 3 sizes
- 75 g MeineBase / AlkaBath



Alkaline neck and forehead wrap

Effective cleansing of forehead and head, neck, nape and décolleté. Since time immemorial warm wraps are used to treat sore throats and headaches. The alkaline neck and forehead wrap can also be used on arms and legs, on knees and elbows.



Content

- one neck and forehead wrap
- material:
 - 100 % cotton gauze
- one size fits all
- 75 g MeineBase / AlkaBath



Alkaline armpit cushions

Alkaline armpit cushions are a patent of Jentschura International GmbH. The alkaline armpit cushions absorb sweat in the armpit area and ensure a confident appearance at work and during leisure time. They relieve head and upper body.

The inlay cushions are available as refills in packs of 4

armpit cushions:

shoulder belt:

Content

- one shoulder belt with 4 alkaline armpit cushions
- material:
 - armpit cushions made of 100 % cotton gauze
 - shoulder belt made of 80 % cotton and 20 % elastane
- available in 4 sizes
- 75 g MeineBase / AlkaBath





Natural alkaline care

AlkaWear wraps are preferably manufactured with natural fibres. The gauze for the AlkaWear wraps is made of unbleached cotton. This material is very comfortable to wear and leaves the skin feeling wonderfully pleasant. Thanks to its skin compatability and hypoallergenic properties, it is also suitable for those who suffer from allergies. The AlkaWear alkaline stockings and cuffs are made of comfortable to wear combed cotton or virgin wool.

Alkaline body wrap cloth

Well-padded for pleasant relaxation and warm feet. The alkaline body wrap cloth is well suited for overnight use or while resting, during a massage or subsequent to a body treatment or the like.

Content

- one body wrap cloth
 - material:
100 % cotton gauze
- one size fits all: 2.00 m x 1.60 m
- 35 g MeineBase / AlkaBath



Alkaline coat

Alkaline wraps for a relaxing sleep! The alkaline coat ensures a comfortable cool feeling for people whose sleep is disturbed by nightly sweating.

The undershirt and outer coat can be ordered separately.

Content

- one undershirt
- one outer coat
 - material:
100 % cotton gauze
- available in 4 sizes
- laundry spray bottle with
½ litre capacity
- 75 g MeineBase / AlkaBath



Comment: Worn AlkaWear textiles are excluded from our refund policy.



Feeling good from tip to toe

Frequent brushing of the skin ensures a well circulated and silky-soft skin. Brush massages have an advantageous effect on blood circulation and the nervous system. Furthermore, frequent brushing supports the eliminating function of the skin. The P. Jentschura range of brushes comprises numerous brushes, adapted to suit particular body regions and can be chosen to meet individual requirements.

P. Jentschura brush range

for dry and wet brushing

The P. Jentschura brushes are manufactured in a German factory, which has been producing high quality brushes for more than 165 years.

The body of the brush is made from solid beech wood, beech plywood or Bubinga precious hardwood, which is protected against water by an immersion process, giving it a fine wax coating. The pure boar bristles used in the brushes are sourced from the traditional brand Chungking.

Advantages

- brushes in different shapes for different uses
- body of the brushes made from solid beech wood, beech plywood or Bubinga precious hardwood
- long, strong and high quality natural bristles
- long-lasting when treated with care
- thick, evenly distributed bristles

Care instructions for the wet brushes

Plywood beech brushes are more suitable for wet brushing in an alkaline bath. Wooden brushes should not be left floating in the water for the duration of your bath.

When you take a break from brushing, please place the brush bristles downwards on the edge of the bath tub.

After an alkaline wet brushing the bristles should be rinsed with clear water, excess water should be tapped off and the brush should be placed bristles downwards on a dry towel.

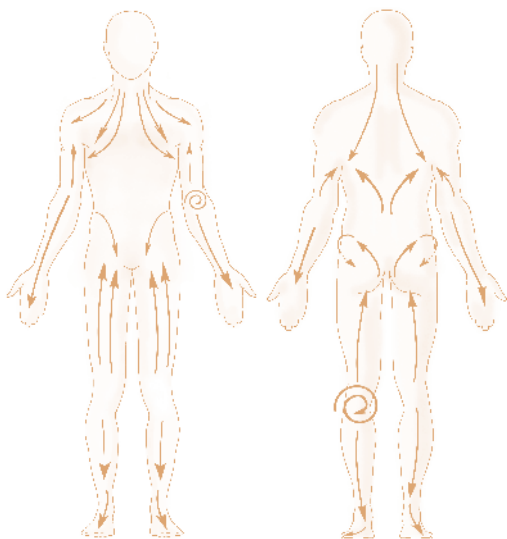
Wooden brushes should not be placed on warm heatings or dried with a hairdryer.

If necessary, the bristles may be washed in lukewarm soap water, but without excessively wetting the wooden body.

Care instructions for the dry brushes

After application, run your hand across the bristles several times and tap e.g. the energy brush on a hard, even surface, so that the removed skin particles can fall out.

Brushing in the direction of elimination



- towards the fingertips and tips of the toes
- towards the armpits
- towards the groin



Natural hair care with regular brushing

One hundred brush strokes a day are the best care for scalp and hair. The scalp has a large number of glands, with around 200 sweat glands per cm^2 and around 100.000 sebaceous glands. Brush strokes ensure a pleasant massage of the scalp, stimulating the circulation and thus the cleansing and regeneration of the scalp. In combination with the 3x3 scalp tonic, this promotes hair growth and distributes the sebum into the hair. This is a real treat for hair and scalp.

Brushes for wet and dry brushing

Hand and nail brush

beech plywood, very strong bristles*, for an intensive care of hands, feet and nails



Facial brush

beech plywood, with very soft bristles (pure horse mane hair), for face, décolleté and for the soft skin and hair of your baby



Cosmetic brush

beech plywood, soft bristles*, for sensitive parts



Bath brush

beech plywood, with medium strong bristles*, for the whole body, especially the back and the legs



Professional massage brush

solid beech wood, with medium strong bristles*, with adjustable hook and loop fastener, can be used for the whole body if skin is not sensitive



Body brush

beech plywood, strong bristles*, can be used for the whole body if skin is not sensitive



Only for dry brushing

Energy brush

Solid beech wood, with bronze bristles and natural horsehair, adjustable hook and loop fastener, for a vitalizing and circulation stimulating dry brushing. The P. Jentschura energy brush is the highlight of every dry brushing. This special brush uses fine bronze bristles, made of an alloy of copper and zinc, leading to a particularly beneficial effect and a pleasant tingling on the skin.



Hair brush

solid beech wood, strong bristles*, for normal hair and scalp



new

Professional hair brush

Durable and sturdy Bubinga precious hardwood, with a hydrophobic effect, 8 rows, available with short or long bristles depending on length and fullness of your hair.



* wild boar bristles of the traditional brand Chungking

More P. Jentschura products

Alkaline fleece mask

Content

- 10 pieces

Application

A pinch of MeineBase / AlkaBath is added to 30–40 ml of warm water, then the fleece mask is placed into the solution.

Once the fleece is thoroughly soaked, it should be removed and squeezed until no more water drips out. The fleece will be remoistened several times, as the alkaline

solution evaporates and is absorbed by the skin. To prevent the cooling effect, place a dry towel on your face and on the fleece.

This application is particularly recommended in combination with an alkaline full bath or footbath.



Enema device

Using an alkaline enema, the colon is gently cleansed and impurity deposits are released. This improves its natural absorbing and elimination functions.

Content

- enema/irrigator beaker
- shut-off valve
- enema tube with internal thread
- flexible hose
- outer tube with internal thread (for vaginal irrigations)
- instruction

Application

Using an enema once or twice a month provides excellent relief for the intestine.

Advantages of the enema device

- easy to use
- natural and gentle method of cleansing the colon
- established and approved method of natural medicine

Note

As an alternative to using water at body temperature, you can also use 7x7 KräuterTee / AlkaHerb at body temperature.



pH test strips

- to measure values ranging between pH 4.5 and pH 10
- to determine the pH value of urine, saliva, bath water and other liquids

Content

- 100 pieces

Application

The pH value of urine, saliva, beverages and other liquids can be easily and quickly measured using the pH indicator strips. It is interesting to compare the pH values of alkaline bath water before and after bathing.



Health by Purification

Dr. h. c. Peter Jentschura and Josef Lohkämper

Who is not interested in questions like:

What is ageing? What is enjoyment? Why do women have cellulite? Why do men suffer from hair loss? What happens with the metabolism of a woman during her menopausal years? What are nature and causes of modern civilisation diseases? What is health? What is disease? How can I preserve physical health and beauty? How can I purify myself? Which acids poison our body? How can I break up impurities and neutralise acids? How can I avoid dental loss, hair loss, skin loss (stretch marks), spots or haemorrhoids during pregnancy? How can I refill the emptied mineral stores of skin, hair, scalp, teeth, nails, bones, vessels etc.?

at every person from a different perspective and with new knowledge. The book offers astonishing new insights and a totally different view on curability and cure. A revolutionary breakthrough for the health of mankind.



ISBN -13: 978-3-933874-16-0

Once you have read this book, you will view your body in a different light, you will look



P. Jentschura's Alkaline Program

Your 4 week plan to success

Three steps to health, beauty and fitness – easy to integrate in your daily life

- 1) ½ to 1 litre of 7x7 KräuterTee / AlkaHerb per day, additionally approx. 1 to 1 ½ litre of still water
- 2) 3 x 2 teaspoons or more of WurzelKraft / AlkaLife per day
- 3) 1 – 2 full baths and 3 – 5 foot baths with MeineBase / AlkaBath per week
Duration: at least 30 minutes – the longer the better, alternatively or additionally:
AlkaWear alkaline stockings during the night and /
or alkaline cuffs during the day

Shopping list for 4 weeks:

100 g or 50 filter bags 7x7 KräuterTee / AlkaHerb,
2 x 330 g WurzelKraft / AlkaLife , 750 g MeineBase / AlkaBath



Notes

[illegible]

Advice and Assistance



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