

Your stay at VIVAMAYR begins soon!

To help you get started and achieve the best possible health success, we recommend the following:

- / **Avoid heavy meals** in the evening
When possible, skip dinner altogether
- / Preferably consume foods that are **easy to digest**
- / **Avoid** any form of **raw food** (salads, fruit, fruit acids) in the evening
- / **Reduce** or eliminate alcohol, beans, coffee, black tea and nicotine
- / **Drink** 2 to 3 litres of water, herbal tea or still mineral water
- / Schedule **short breaks** during your daily routine
- / Go to **bed earlier** in the evening
to give the body a signal of upcoming regeneration

