



Drinking cure

Purifies and regulates stomach and intestines

The health town of Bad Nauheim is rich on healingsprings and owes this natural „resource“ also their suffix „Bad“. Recognition as a spa town, was stated first in 1869. At that time, the doctors understood by scientific proof the healing effect of the Bad Nauheim spring water for the first time.

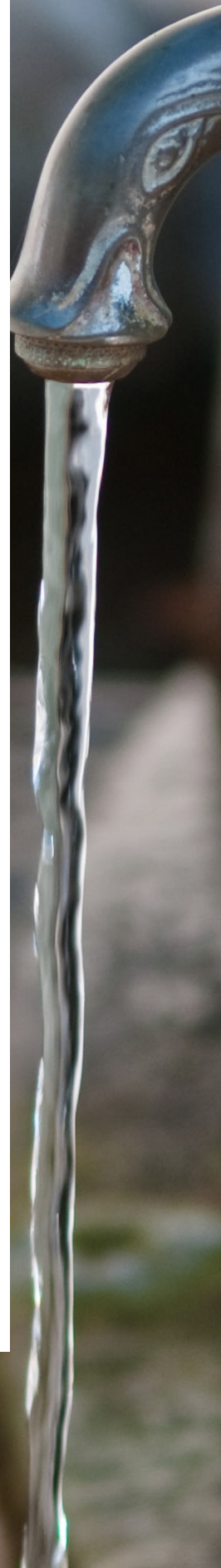
Health-promoting effect

Drinking natural waters with a high content of minerals and active ingredients are among the oldest known healing methods, which were already prescribed by Roman doctors.

The carbonic acid in Bad Nauheim's springs makes the water particularly digestible and promotes stomach and intestinal function. It cleans the mouth, increases blood circulation and salivation and thus also ensures that the taste sensibility in the palate improves.

A drinking cure drains and flushes the organism. The cure has laxative as well as chemical and pharmacological effects. Many doctors recommend it in combination with an exercise program. Whether on your own or in consultation with your treating doctor, mild digestive disorders can be treated with the Drinking sources are treated naturally.

Highly recommended is also a drinking cure for „detoxification“ twice a year. Drinking the water from the healing springs is free of charge. For already existing illnesses, the family doctor must be consulted.



Source dispensing

The art nouveau drinking spa, built at the beginning of the 20th century, is a vivid testimony of Bad Nauheim's history as a world spa and appreciates the healing effect of the water with its lush design and attention to detail. In the center of the building complex is the bar crowned by a golden dome where the three medicinal waters from the spa, Kurbrunnen, Karlsbrunn and Ludwigsbrunnen are dispensed. Kurbrunnen and Karlsbrunnen support the regulation of intestinal function, whereby the Kurbrunnen stronger and the Karlsbrunnen milder. Due to restoration work on the bar, only the medicinal water from the Kurbrunnen can be tasted for the foreseeable future (stated: October 2022).






The low-sodium Ludwigsbrunnen is for heartburn and gastric hyperacidity can be used, but also as a detoxification cure, especially in the case of obesity, metabolic syndrome, as well as pH regulation in high uric acid and gout suitable. The source is in the South Park at Gradierbau III.

Sauerbrunnen and Löwenquelle in the district of Schwalheim are suitable in functional gastrointestinal disorders. Because of its relatively high iron content, the Löwenquelle can be used in the event of an iron deficiency.

A dosage recommendation can be found in the current references.

Opening hours Kurbrunnen:

April to October: Monday to Friday: 9:30 a.m. to 4:30 p.m.
November to March: Monday to Friday: 9:30 a.m. to 3:30 p.m

Water source	 KARLSBRUNNEN	 KURBRUNNEN	 LUDWIGSBRUNNEN	 LÖWENQUELLE	 SAUERBRUNNEN
Source label	Bicarbonate containing Sodium Chloride Acid	Bicarbonate-rich sodium chloride acidulous	Sodium Chloride Hydrogen Carbonate acidulous	Calcium containing sodium chloride Bicarbonate acidulous	
Indication areas and mode of action	In case of constipation mildly effective Gastric and intestinal motility.	In case of constipation strongly effective because of compared to Karlsbrunnen yet higher salt content.	Against heartburn and gastric acidity. Can be used for pH regulation with increased uric acid and gout used will. At metabolic syndrome for drinking cure well suited.	Functional gastrointestinal disorders, also for their prophylaxis.	
Useful information	Both sources promote gastric and pancreatic secretion, are for liver and gallbladder diseases can be used and have a buffer function in the acid-base household of the body due to its high bicarbonate content.		Because of the low salt content too in hypertensive patients (high blood pressure) and heart disease good to use.	Because of the relatively high iron content supplement one Iron deficiency therapy usable.	Promotes protein digestion and stimulates the diuresis (urinary excretion).
Continuous use	Only use for a cure!				Geeignet: Zur Nahrungsergänzung nutzbar.
Common ground	All five Bad Nauheim drinking fountains cause increased gastric mucosal blood flow due to their naturally high carbon dioxide content and thereby promote digestion.				

A notice
To simplify the presentation and for better understanding, only the largest proportions in terms of quantity are shown in the graph and table ingredients of the 5 Bad Nauheim drinking springs have been included. Iron, present in all sources, was included because it has a say in the regulation and application of the Löwenquelle. However, the healing effect of each source results from the totality of their ingredients.