

Press release

Jentschura Academy

Jentschura International GmbH launches its 2026 seminar programme



Caption: The Jentschura Academy in Münster (Westphalia) – with an insect-friendly botanical garden. (Photo credit: Jentschura International GmbH)

Münster, 26.02.206. Alkaline pioneer P. Jentschura (Jentschura International GmbH) has published its training programme for 2026. The seminars range from “Your 7-day fasting week” to “Health through detoxification & regeneration” and “Alkaline cooking” to “Supporting women’s health naturally & alkaline-friendly”. Many other courses and



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training programmes for consumers and professionals can be found in the PDF brochure and on the website <https://jentschura-akademie.com/>.

The Jentschura Academy will soon be entering its fourth year since it opened in May 2023. 'Our motto "Learn to live healthily" is part of the Jentschura health philosophy,' says Peter Jentschura, company founder, author and managing director of Jentschura International GmbH. 'We have enabled numerous participants in our seminars to reorganize their lives through the Jentschura methods and through new insights and experiences. We have heard many times afterwards that staying at the Academy helped participants to give their lives a positive turn.'

Based on feedback from participants, the company has refined the seminar programme again for 2026. Popular formats such as "Your 7-day fasting week" based on the proven Jentschura fasting method or "Learning to live healthily" will continue and can be booked several times throughout the year.

'Our goal is to accompany people through all phases of life and equip them with the knowledge they need to live a joyful and sustainable life,' says Peter Jentschura. 'In 2026, we are increasingly focusing on important women's issues, such as preparing for weddings with our "Bridal Detox Retreats", "Balanced and happy throughout menopause" or "No make-up – Natural. Confident. Beautiful.'"

The Jentschura Academy programme is aimed at a variety of target groups: from consumers who need a break from everyday life and new behavioural impulses, to commercial professional users, retailers, nutritionists, athletes and beauty practitioners who want to expand their specialist knowledge and portfolio with Jentschura's approaches.



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The seminars have been very popular for three years

More and more people from all over Germany and even Austria and Switzerland are making their way to Münster to attend a seminar at the Jentschura Academy and delve deeper into health topics, gain new knowledge and gather experiences that will improve their lives in the long term.

The participants report enthusiastically about their experiences. One example is [podcaster](#), presenter and consultant Boris Rogosch, who took part in the 7-day fasting week at the beginning of 2026. He reports on his experiences: 'I was very surprised at how good I felt during the 7-day fasting. The fasting and treatments, such as the alkaline bath, had a noticeable effect after just a few days, which I could see on my skin and appearance. I also think it's great that participants are given extensive knowledge on how to integrate an alkaline diet and routines into their everyday lives.'

Or osteopath Josef Stein, who attended the seminar "Learning to live healthily". Stein sums it up: 'I can integrate the knowledge gained from the five-day seminar 'Learning to live healthily' perfectly into our practice concept. The content really represents special added value for me. My patients will benefit directly from my new Jentschura knowledge. I can highly recommend the seminar to everyone.'

Nutritionist Katja Kaden, who attended the seminar "Holistic Body Care according to Dr h. c. Peter Jentschura", reports: 'The academy imparts practical and in-depth knowledge. The combination of know-how, personal competence and experience is simply unique. I can only recommend the courses and am thrilled.' All information about the content and dates of the seminars as well as booking options can be found at

<https://jentschura-akademie.com/>

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P. Jentschura and Jentschura International GmbH

Jentschura International GmbH, with its umbrella brand P. Jentschura, is a leading manufacturer of alkaline body care products and organic foods.

Around 100 employees work for the company, which was founded in 1993 and is based in Münster, Westphalia, in north-western Germany. The alkaline pioneer exports its products and concepts for beauty, health and vitality to more than 20 countries. The entire core range is manufactured in-house. P. Jentschura is a partner of Europe's most spectacular road bike and mountain bike stage races, the TOUR and BIKE Transalp.

Further information about P. Jentschura and Jentschura International GmbH can be found at the following link:

<https://www.p-jentschura.com/en/>

The Jentschura Academy

On 5 May 2023, the Jentschura Academy, the training and event centre on the P. Jentschura Campus in Germany, opened its doors. At this unique location, both professionals and consumers can experience the entire Jentschura cosmos and find their way back to a natural lifestyle. The Jentschura Academy offers courses lasting several days, day workshops and training sessions in which both theoretical knowledge and practical skills are taught.

Further information and dates can be found at:

www.jentschura-akademie.com

Peter Jentschura Publishing House (Verlag Peter Jentschura)

Peter Jentschura Publishing House (founded in 1982) is based in Münster/Germany and publishes books and magazines on healthy living. The published books and brochures focus on the topics of purification, deacidification and detoxification, as well as the "three-step purification process", a three-stage method developed by Peter Jentschura to rid the body of harmful substances and to counteract or prevent lifestyle diseases.

Guidebooks on nutrition and personal hygiene, mental health and personal development round off the programme. The book 'Health by Purification' is considered one of the fundamental works on the subject of acid-base balance.

With the magazine series 'Unser Wissen' (Our Knowledge), the publisher Peter Jentschura addresses various topics such as 'Healthy Ageing' or 'Metabolic Pitfalls in Women's Lives' and many others.

Available at www.verlag-jentschura.de



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