

Individually & personally designed

## Paracelsus Immune-Boost Program

### **Paracelsus Immune-Boost program**

is an intensive restorative program for people with susceptibility to infections, immune deficiency, autoimmune diseases, chronic infections and inflammation (viral and bacterial loads), allergies, thyroid gland dysfunction, skin problems, neuro-vegetative complaints and chronic gastro-intestinal problems.

This very successful program has been developed based on many years of experience with the 4-pillar approach. This treatment has a strong self-healing effect on the organism.

**We rejuvenate the immune system!** While supplements can strengthen the immune system, rejuvenation balances the immune system and optimizes its highly complex function! Our program promotes all organs of the lymphatic system, immune cells and the elimination of pathogens as well as homotoxins. At the same time all excretory processes are stimulated.

### **The Paracelsus Immune-Boost Program leads to long-lasting health:**

The immune system in its original form resists all invaders and physical dysfunctions such as daily mutations. We live in symbiosis with our environment and through active contact with all kinds of bacteria, viruses and parasites, our immune system can ideally adapt and is designed to learn continuously. This is the miracle of a healthy organism, its adaptability. In biological medicine we try to restore this healthy organism. **The body heals itself if we give the right tools.**

**→ The Paracelsus Immune Boost Program is more comprehensive and sustainable than conventional immune strengthening measures!**

### **The program includes:**

- **1 Laboratory diagnostic** of your immune status.
- **1 Week strict Paracelsus Elimination Diet**, which supports the body to detoxify and subsequent rejuvenation.
- **Immune-Regeneration therapies:**
  - Anti-infection and Ozon infusions (against viral and bacterial load, other toxins, liver stimulation, etc.) and regeneration infusion (immunomodulating substances, vital substances, etc.)
  - 1 Colon hydrotherapy with intestinal flora reformation to restore the intestinal flora. In addition, the autonomic nervous system is stimulated.
  - 2 IHHT (intermittent hypoxia-hyperoxia) oxygen interval training improves respiratory function and reenergizes on a cellular (mitochondrial) level.
  - Other neuro-vegetative injection therapies for specific organs as listed on the following page.
- **Personal, individual nutritional therapy with our nutritionist**
- **Medical care and individual therapies:** There is no better way to confront health problems from grass roots than having an individual immune-boost week. Paracelsus Clinic has all the necessary diagnostic and therapeutic instruments of biological medicine at its disposal.

- Dental panoramic tomographic (OPT): A panoramic x-ray (showing all teeth) of the whole jaw area is taken. This state-of-the-art diagnostic tool is important for detecting dental foci or "interference fields" which are very significant from the biological medical perspective. Dental foci are for example dead teeth, root-canals, implants, etc. that can lead to chronic silent inflammation (without symptoms!). Over time this burdens the immune system and thus can cause various diseases or worsen existing diseases. Additionally, dental foci interfere with the meridian systems of TCM, which is also mapped out for every tooth. Our dentists can help and advise you dental foci could be a problem.

**Additional individual therapies offered on request (extra cost):**

- Additional individual treatments and laboratory tests.
- Individualized supplemental therapy

**The Paracelsus-Immune-Boost Program supports your self-healing potential.** Inherently our body is designed to heal itself, if we just provide the right means and substances. The inner life force, will and vitality start to return and you continue the path to long-term health through simple adjustments of lifestyle such as proper breathing and healthy nutrition. The program therefore has a lasting effect on your health. You will receive written documentation on all topics. This enables you to apply what you have learned at home.

**Therapy program**

OPT, 3 doctor's visits (including 1 entry doctor's visit with and 3x neural injection therapies), 1 colonic (colon hydrotherapy), 2x magnetic field therapy, 2 IHHT treatments (cell oxygen training), 1 VNS analysis, 4 infusions, 2x swing cushion massages, 2x local hyperthermia treatment (Indiba), 2x nutritional consultation, 1 set of remedy, instructions and written documents.

**New patients**

Please fill in the medical questionnaire for new patients which you find on our webpage and send it back to us together with the application form. The immune-boost program will be one medical week. Therefore, if necessary based on your medical history our doctors will ask to undertake a preliminary phone consultation.

**Please keep in mind that additional prescribed laboratory tests and therapies are not included in the price.**

**Hotel****Accommodation**

The following hotels offer the special elimination diet:

- Hotel Linde, Teufen
- Pension Alpenheim, Teufen (breakfast only with self-catering option. Alternatively, the meals could be taken at hotel Linde in Teufen)
- Hotel Oberwaid, St. Gallen
- Hotel Einstein, St. Gallen

**Accommodation at "Home"**

For people living in the area of Teufen & St. Gallen, it is possible to stay at home during the program. For more information please contact us.

**The diet**

During the week, the special Paracelsus elimination diet should be strictly adhered to. The diet already begins at home, 2 days before the start of treatment. You will

receive written instructions from the nutritionist at your preliminary consultation. After the Immune-Boost Week, the diet should be followed at home for at least one more week.

**Confirmation**

We will contact you after receiving your registration, to agree on a definite date to start your Immune-Boost-week. Then you will receive the confirmation of participation and the program instructions for starting at home. The hotel confirmation will follow separately from your booked hotel.

**More information and registration**

Paracelsus Clinic Lustmühle AG, medical department [info@paracelsus.com],  
CH-9062 Lustmühle, Phone + 41 71 335 71 71

**→ Very important**

**Please send us your registration no later than 2 weeks prior your desired stay at the clinic.**

**The participants**

Doctors of the Paracelsus Clinic Lustmühle • Sonja Bacus (nutritionist) • Restaurant Culinarium «Zum Winkelstein» • Jeanine Weiler (patient advocate) • Secretaries of the medical department (scheduling and administration) • Physical Therapy Department