

Individual & medically supported

## Paracelsus BioFilm & Gut Cleanse

### **The Biotope in our gut!**

Trillions of microbes populate our intestines, and we have evolved a profound interdependence with them. We have 10 times more bacteria than cells in our body. It could be said that we are externally controlled, since our microbes have more DNA than our cells. Their enzymes calibrate our immune system, process our food, provide us with crucial nutrients we can't make for ourselves, and dispose of pollutants.

This means that a healthy balance of microbes is crucial to our overall health. However, it is often the case that parasites and pathogens sneak in and benefit from this internal ecosystem to our detriment. They protect themselves in a biofilm which allows them to exist undetected for many years.

### **Paracelsus BioFilm & Gut Cleanse to regain immune strength and resilience:**

The intestinal tract is often depicted as the root of the tree of life because it determines health and disease, strength and resilience. One of the key roles of our digestive tract is the regulation of the immune system. That's why Biological Medicine is so focused on diagnosis of its health and therapies to heal it. The internal regulatory forces can only be revived when the intestinal mucosa, freed from the biofilm and its pathogenic inhabitants, is able to perform its complex tasks optimally again. Thanks to the very specific herbal fibers included in the gut cleanse drink, the nutritional guidelines and therapies, the gut cleanse has a long-lasting effect on your overall health.

### **Paracelsus BioFilm & Gut Cleanse to improve mental vitality:**

Emotions and mental performance can be positively influenced by restoring intestinal health with the elimination of the biofilm. The nerve pathways of the gut-brain axis are reactivated and nutrient absorption is optimized. In addition, by eliminating parasites, their harmful excretions no longer toxify the body, which in many cases are responsible for emotional fluctuations, concentration disorders and low resilience in everyday life. Depression, brain fog and stress syndromes usually improve within a short time.

→ **The Paracelsus BioFilm colon cleanse is supervised by a physician and, if necessary, adapted to individual needs. The excretion of the biofilm can usually be observed during the 4-day fasting period.**

### **Who benefits from the Paracelsus BioFilm & Gut Cleanse?**

This intensive intestinal cleanse is especially beneficial for people with chronic diseases, especially gastrointestinal problems, asthma, migraines, allergies, intolerances, candida, parasitic diseases, autoimmune disease and general immune deficiency and susceptibility to infections. Even teenagers and young adults, with chronic diseases, can benefit from the cleanse.

**The program includes:**

- **2 Days Paracelsus Elimination diet followed by 4 fasting days.** The elimination diet serves as a preparation diet and on 4 fasting days no will be served. Instead, you will receive a power shake 3 times a day as well as an intestinal cleanse drink. The power shake supplies your body with valuable nutrients that provide strength and energy. The intestinal cleanse drink will cause the intestinal biofilm to swell and subsequently detach from the intestinal wall.
- **Parasite treatment:**  
After the 4 days of fasting, the parasites are removed from the body with parasite drops and other detoxification treatments, depending on individual need. In this context, nutrition is very important (see below: Nutritional therapy).
- **Intestinal therapies:**
  - **2 Colon-hydrotherapy sessions including intestinal inoculation of bacteria to boost the intestinal flora. The autonomic nervous system is stimulated.**
  - **Interstitial Massage and Compress** to support detoxification and the autonomic nervous system.
- **Individualized nutritional counseling** is especially important for intestinal restoration.
- **Medical care and individual therapies:**  
There is no better situation than to perform an intensive intestinal cleansing combined with an intestinal revamp in a professional environment and with the guidance of a medical doctor. Health is improved from the root of the problem. **Paracelsus Clinic** has all the necessary diagnostic and therapeutic instruments of Biological Medicine at its disposal so that each individual can derive the greatest benefit from the intestinal cleanse.

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

- Laboratory tests and individual treatments.
- Individualized supplemental therapy.
- Paracelsus Pharmacy Products

**Therapy program**

3 doctor's visits (including 1 entry doctor's visit and 2 specific neural injection therapies), 2 colonics (Colon-Hydrotherapy), 2 Magnetic field therapy, 2x connective tissue massage, 2 up-building infusions, 2 liver compresses, 1x local hyperthermia treatment (Indiba), 1 cupping treatment, 2x nutritional consultation, 4 x Power-Shake and Gut-Cleanse-Drink and 1 set parasite treatment drops (Paracelsus Pharmacy Products), 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 BioFilm & Gut Cleanse program is a 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.**

<b>Hotel Accommodation</b>	<p>The following hotels offer the special elimination diet:</p> <ul style="list-style-type: none"><li>• Hotel Linde, Teufen</li><li>• Pension Alpenheim, Teufen (breakfast only with self-catering option. Alternatively, the meals could be taken at hotel Linde in Teufen)</li><li>• Hotel Oberwaid, St. Gallen</li><li>• Hotel Einstein, St. Gallen</li></ul>
<b>Accommodation at "Home"</b>	<p>For people living in the area of Teufen &amp; St. Gallen, it is possible to stay at home during the program. For more information please contact us.</p>
<b>The diet</b>	<p>During the week, the special Paracelsus elimination diet should be strictly adhered to. The diet already begins at home, 1 day before the start of treatment. You will receive written instructions from the nutritionist at your preliminary consultation. After the Gut Cleanse Program, the diet should be followed at home for at least one more week.</p>
<b>Confirmation</b>	<p>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.</p>
<b>More information and registration</b>	<p>Paracelsus Clinic Lustmühle AG, medical department [info@paracelsus.com], CH-9062 Lustmühle, Phone + 41 71 335 71 71</p>
<b>→ Very important</b>	<p><b>Please send us your registration no later than 2 weeks prior your desired stay at the clinic.</b></p>
<b>The participants</b>	<p>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</p>