Summertime – Sun, Mountains, Beach and Sea

Ladies and gentlemen

Summer holidays are just around the corner. Children are happy about being off school, and parents are busy planning and preparing for the scheduled family vacation. Everybody in the family is supposed to enjoy it and revive. However, in order to make sure your holidays are real enjoyment and no nightmare, you will also have to consider a couple of health-related issues.

Sun Protection
Solar light is of vital importance for all living beings on planet Earth. Mainly in order to enable our body to generate vitamin D and for our psychic well-being, human beings depend on sunlight. However, as already stated by Paracelsus, more than anything it is the dose that matters. This also applies to solar radiation. Short-term unprotected exposure to the sun does thus indeed promote human health. However, longer outdoor stays indispensably require sun protection. After being exposed to the sun, our skin needs mild and nurturing care. Particularly suitable are organic cosmetic products.

Liquids
More than 70% of the human body consists of water. In order to properly fulfill its function, each and every body cell needs to be sufficiently hydrated. During the hot months of the year, our bodies are dehydrated mainly by transpiring. In order to stay healthy, transpired liquids need to be replaced regularly. However, it is important to do so by consuming still water instead of sugared, carbonated, or alcoholic beverages. Respective demands are particularly high if physical activities (such as hiking, ball games etc.) are performed in heat.

Nutrition
Rich, fatty meals (such as pizza, pasta and sauces, sausage products) or large servings of meat are hard to digest and will weary the body.
Fresh vegetables and ripe fruits are sources of valuable nutrients that hardly stress the body. Without any restriction, they may be consumed all day. The purging and nurturing effects of vegetables and fruits make you feel vital and full of energy. If you should feel like having an «energy bomb», then make yourself a green smoothie. For respective recipes, we refer to the books «Grüne Smoothies (Green Smoothies) » and «Green for Life» by Victoria Boutenko (which are available in our pharmacy’s reading corner).

First-Aid Kit
Minor health troubles are well treated with first-aid kit products. All sectors in biological medicine offer tried and tested respective drugs. Additionally, you will need band-aid and wound care preparations in order to be all set out for emergency cases.

The team of Paracelsus Klinik’s Pharmacy will be pleased to inform you on customized first-aid kits.

I wish you a nice and recreational summer.

With kind regards

Sabine Hockenjos
Head of Pharmacy
Member Management Board

Change of Personnel

We wish to inform you on changes in senior positions at Paracelsus Klinik Lustmühle.

Up from August 2nd, 2011, our medical department will be completed by:

- Mrs. Andrea Reithmaier,
  Medical Practitioner specialized on naturopathy
- Mr. Harold Seiler MD,
  Ob-Gyn Specialist

By the end of July 2011, Mrs. Susanne Römer MD and Mr. Rainer Ade MD will quit our team.

Our public pharmacy’s team has already been completed by:

- Mrs. Sabine Hockenjos,
  Swiss Graduate Pharmacist (Head of Pharmacy)
- Mrs. Bernadett Kovacs,
  Graduate Pharmacist
Appointments for examination and treatment with Mrs. Reithmaier and Mr. Seiler MD can be made as of now (in order to do so, please contact our office at +41 71 335 71 71).

We wish everyone the very best for their professional future.

Paracelsus Klinik Lustmühle Staff Management

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Introducing Harold Seiler MD

I am extremely pleased to inform you on the fact that up from August 2, 2011 Mr. Harold Seiler MD will be re-engaged as part-time doctor at Paracelsus Klinik Lustmühle. Several years ago, Dr. Seiler used to work for us as gynecologist and medical consultant.

For more than 20 years, Dr. Seiler has most successfully headed the Ob-Gyn Department of Heiden Cantonal Hospital. Throughout this period, he made his department one of East Switzerland’s most frequented gynecological departments, and by now holds an excellent reputation as gynecologist.

He has now agreed to work at Paracelsus Klinik two days a week, and to mainly handle all kinds of gynecological issues but also act as ultrasonography specialist. We are thus able to intensify our ultrasonic diagnostics with respect to oncological and any other kind of diseases. As a result thereof, we can ensure a service again, which is of utmost importance to us.

Appointments for gynecological checks / routine examinations can be made as of now. In order to do so, please contact the administrative office of Paracelsus Klinik Lustmühle.

I would like to thank Dr. Seiler very much for rejoining our team.

Dr. Thomas Rau, Medical Superintendent

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Chard

Like spinach and beetroot, chard is a member of the goosefoot family (Chenopodiaceae).

In former times, chard was also known as poor man’s asparagus. The statement is assumed to be based on the fact that chard stems taste like asparagus.

Chard is available in red, green, and yellow. With respect to its
nutritional value, chard nearly equals to spinach. Due to its – compared to spinach - higher content in water, chard also makes a most suitable food at the height of summer.

Robust chard grows well on nearly all types of soil. However, stagnant moisture and too hot climates are to be avoided. Its deep roots enable it to extract valuable nutrients from deeper soil levels.

Contents
It's vitamin K content is extremely high. Additionally, it is rich in vitamins A, C, and E; as well as in the minerals magnesium, potassium, iron, and amino acid asparagine (just like asparagus). Chard contains much oxalic acid, which is the reason why it shouldn’t be consumed raw.

Culinary Advice
Like spinach, chard contains much nitrate – in particular if being over-fertilized (which is unfortunately frequently the case these days). Therefore, chard should ideally be grown organically, thoroughly washed right before consumption, and served with lemon. This will prevent the formation of harmful nitrosamines.

Consumption
The culinary use of chard is similar to leave spinach. Both, its stems as well as its leaves are edible. It can e.g. be blanched (and eaten as vegetable or used to wrap up roulades in) or gratinated, be consumed as salad, pizza topping, in a soup or as green smoothie.

Next Issue
Edible grasses

Yours Sonja Bacus, Nutritionist

Recipe of the Month:
Chard and Tomatoes au Gratin

Ingredients for 4 persons

- 1 kg of Swiss chard (leaf beet)
- 1 onion, finely chopped
- 2 cloves of garlic, crushed
- 2 large, sliced tomatoes
- 150 grams of grated Pecorino or Parmesan
- nutmeg, salt and pepper, Italian herbs

Preparation
Cut chard into thin slices and cook firm to the bite in salted water. Take out of the cooking water and allow to slightly cool down. Keep some of
the cooking broth.

Heat some olive oil in a frying pan. Add and brown onion and garlic. Add chard and a little bit of cooking broth, boil all until tender and season to taste.

Fill vegetables into overnware. Spread sliced tomatoes overlapping on top of it. Sprinkle with grated cheese and Italian herbs.

Gratinate in an oven at top heat of 200 °C until cheese has turned golden. Serve immediately.

Enjoy your meal!

Yours Eric Huber, Chef de Cuisine Restaurant Culinarium
Yours Sonja Bacus, Nutritionist

Subscribe to our video channel on YouTube

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http://youtube.com/TheParacelsusKlinik

We’d like to thank you for your interest and welcome you to our video channel.

Yours, Paracelsus Klinik Lustmühle

If you have any questions on our videos, please do not hesitate to contact us by e-mail: youtube@paracelsus.ch

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http://www.facebook.com/

Please visit us!

Yours, Paracelsus Klinik Lustmühle

Have you got any questions regarding our Facebook presence? Please do not hesitate to contact us – mail to: webmaster@paracelsus.ch
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Thank you very much for your confidence!

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