We wish you all the best for the New Year!

Ladies and Gentlemen

New Year is the time for making wishes and resolutions. The most important thing for everyone is perfect health. It is on top of all our elementary needs. We wish for you to be able to do what it takes to maintain or recover your healthiness. And if we may contribute to this you can be sure that we will support you with great commitment, our entire experience and the best of our expertise.

We also have wishes to make for our clinic and staff. What we like best is successful treatments – they are both, reassurance and motivation at the same time. Nevertheless, we wish for an unimpeded environment that facilitates focused working. Suchlike environment includes politic and administrative circumstances as well as health insurance providers. These parties repeatedly confront us with restrictions, regulations, and challenges that have little to do with our core business and are frequently regarded unrewarding by us. Of course we will have to accept the presence of conflicting goals in the health sector. We will use our best efforts in meeting all sensible requirements.

Paracelsus Klinik Lustmühle has experienced last year to be stable and successful. We enjoyed much positive feedback and reviews. As confirmed by internal as well as by external sources, our teams are highly harmonic. The trend for increasingly international clients is continuing. This, too, happens in a harmonic manner. We are pleased to have treated 5,300 Swiss patients in 2012. Nearly 800 patients from abroad have found us – many of which return regularly to continue their treatment or have their current condition checked. We consider this an act of faith that we highly appreciate.

For the coming year, we expect moderate growth. However, our capacities in terms of facilities and human resources are nearly exhausted. Fast growth might compromise the quality of the services that we provide our patients with. In order to prevent this, we intend to realize an extension building that enables us to make our wishes and goals with respect to ideal treatment come true. As soon as definite plans and building permits are at hand, we will be pleased to inform the public thereon.
Thank you very much for your faith and interest in us. I wish all of you the best of good luck, success and good health.

With best regards

Ulrich Schelling
CEO

The Management of Paracelsus Klinik in 2013

Personnel-wise continuity is a significant factor for corporate success. In the health sector, it is of specific importance. Patients appreciate working with the same person of trust for long terms. This has to potential to positively influence the outcome of treatment. We are very happy to look back on steadiness with many of our key service providers. Self-evidently, all enterprises are subject to change in their personnel structure. This also applies to Paracelsus Klinik Lustmühle with its staff of more than 80 people.

We are pleased to inform you on our current executive lineup.

Executive Board

• Ulrich Schelling, CEO
• Thomas Rau MD, Medical Superintendent
• Kurt Tischhauser MD, Chief Physician
• Marek Andys, Swiss Graduate Dentist SSO, Head of Dental Department
• Sabine Hockenjos, Head of Pharmacy

Physicians

• Thomas Rau MD, Medical Superintendent
• Kurt Tischhauser MD, Chief Physician
• Victor von Toenges MD
• Renate Liu MD
• Stefan Rupp MD
• Heidelinde Klein MD
• Harold Seiler MD, Gynecologist
• Diana Strassl MD
• Felix Dietrich-Bethge, Assistant Physician
• Eric Kimbles, N.D. (USA) and Alternative Practitioner
• Bernhard Dengler MD, Microkinesic Therapist

Dentists

• Marek Andys, Swiss Graduate Dentist SSO, Head of Dental Department
• Gunnar Reifert, DDS
• Marianne Bühlmann, DDS

More information and portraits of the respective individuals and their qualification is available on our website. Please visit us on www.paracelsus.ch.
Gentle Amalgam Decontamination

One focus of Paracelsus Klinik Lustmühle’s Dental Department is amalgam decontamination. Due to its metallurgical composition including high mercury contents, amalgam constitutes a significant health risk source. Being a potent cytotoxin, amalgam may interfere with or even incapacitate the body’s own functions. Chronic diseases ameliorate in consequence of amalgam removal. However, the actual moment of its removal is highly critical. If an inappropriate technique is applied, mercury vapor will occur and might be inhaled. In order to avoid this, Paracelsus Klinik takes specific precautions:

- Low frequency burs: we use specific burs that operate at reduced drilling speed. This serves to prevent high temperatures from arising, which at the same time significantly reduces vapor formation.
- Special aspiration technique: a plastic cap is used to cup the tooth treated. A high-performance aspirator is deployed to completely vacuum off both vapors and drilled out fragments.
- Covering: wounds are covered in order to fully exclude any risk of contamination.
- Oxygen: if necessary, patients can be supplied with oxygen while they are being treated. This serves to ensure they don’t inhale any contaminated air.

Before, during and after the amalgam’s removal, any mercury incorporated by the body will be removed by administering specific decontamination-supporting medicines and infusions. Respective patients will self-evidently receive medical care.

Advanced Training for Alternative Practitioners and Natural Health Professionals (seminar in German language)

Dental problems frequently cause general medical conditions unexpected and/or unidentified if orthodox criteria are applied. Paracelsus Klinik’s dental department offers free advanced training on this subject for alternative practitioners and natural health professionals. Goal is to exchange knowledge and experiences in order to achieve higher chances of recovery for our patients.

Invitation to the 5th conference on «Holistic Dentistry» within the Paracelsus Network of Alternative Practitioners on Friday, 22 March 2013, from 03.00 until about 06.00 p.m.

Key subjects: auriculotherapy and heavy metal decontamination
We would be very pleased to welcome a large number of participants again. Just as much, we are looking forward to hopefully many discussions about current patient cases and the most pleasant cooperation we are already enjoying with some members by now.

The dentists of Paracelsus Klinik Lustmühle

Information and contact
Mrs. S. Federer, s.federer@paracelsus.ch or phone +41 71 335 71 90

Public Lectures in 2013 (held in German)

In the present year, Paracelsus Klinik Lustmühle will again present public lectures.

They will now be held in the Historischer Saal (historic hall) of St. Gallen Bahnhofhauptgebäude (train station’s main building). The venue’s correct address is: Migros Klubschulgebäude, Bahnhofplatz 2, CH-9001 St. Gallen, room no. 122, 2nd floor.

The lecture times will remain unchanged – the individual lectures will start at 07.00 p.m. The hall accommodates maximum 100 people. Since we cannot accept advance bookings please ensure to be on site early. The entrance fee per participant amounts to CHF 10.-.

Program 2013

- **Thursday, 28. February**  
  Subject: «Mit natürlichen Mitteln selbst behandeln. Eine etwas andere Hausapotheke.» mit Dr. Kurt Tischhauser

- **Thursday, 25. April**  
  Subject: «Krebs & Komplementärmedizin. Die Möglichkeiten und Strategien der biologischen Medizin.» mit Dr. Stefan Rupp

- **Thursday, 30. May**  

- **Thursday, 29. August**  
  Subject: «Milch – Ursache vieler Krankheiten. Wie ernähre ich mich wirklich gesund?» mit Sonja Bacus

- **Thursday, 24. October**  
  Subject: «Menopause & Osteoporose. Hormone? Nein danke! Die Antwort liegt in der biologischen Medizin.» mit Dr. Thomas Rau

- **Thursday, 28. November**  

We look forward to meeting you and appreciate your interest.

Link to our events guide.
Paracelsus Academy’s 2013 Education Program

We are pleased to provide you with information on Paracelsus Academy’s 2013 Education Program.

Here you can view the list of our upcoming seminars:
www.paracelsus.ch/events

Here you can directly download our education program:

Thank you for your trust!

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We wish you all the best for the New Year!