

Individually & personally designed

Paracelsus Liver & Gallbladder Detoxification Program

Paracelsus liver-gallbladder cleansing

Is an intensive detoxification treatment for people with liver & gallbladder problems, migraines, chronic back problems, high lipids, heart circulation problems, rheumatism and chronic gastro-intestinal problems.

This very successful program is based on many years of experience with nutrition, diet and fasting. This detoxification week causes a strong stimulation of cell renewal.

We don't fast, we detoxify! Whereas, during fasting, the body enters a standby state, for the right detoxification the metabolism must be stimulated in order to intensify excretion! Our diet promotes metabolism and detoxification. At the same time, all excretory & cleansing processes are stimulated by our therapies.

The Paracelsus Detox-Week also gets you back in tune with your body:

After a few days, your mental alertness and vitality will increase. Digestion will normalize. Back, head and abdominal complaints usually improve greatly.

→ **The Paracelsus Detox Week is different and more intense compared to conventional fasting!**

The Detox Week includes:

- **1-week strict Paracelsus metabolic diet**, supporting the body detoxification process by stimulating organ metabolism and lymph system.
- **Detoxification therapies:**
 - **Detoxification infusions** (heavy metals, other toxins, liver excitation, etc.)
 - **2 Colon-hydrotherapy sessions** including intestinal inoculation of bacteria to boost the intestinal flora. The autonomic nervous system is stimulated.
 - **3 IHHT** (Hypoxia Hyperoxia Interval Training) improves metabolic exchange through oxygen uptake and therefore enhances detoxification on a cellular level (mitochondria).
 - **Other Detoxification therapies**, according to the list on the following pages.
 - **Individualized nutritional plan from** our nutritionist
 - **Medical care and individual therapies:** there is no better way to tackle health problems as to begin at the grassroots with the help of the Detoxification-Week. The Paracelsus Clinic Lustmühle offers all the necessary diagnostic and therapeutic tools of biological medicine help you individually.
 - **Dental panoramic radiograph (Orthopantomogram: OPT):** This is a dental radiographic 3-D overview, picturing the entire jaw and all teeth for identifying 'disturbance fields', from the perspective of Biological Medicine. Dead teeth/tissue, root canals, implants, metal fillings etc. cause or worsen, in

due course, mild chronic inflammation in the area of dental roots (often without noticeable symptoms!), which can unnecessarily stress the immune system and cause disease. In addition, they disrupt the energy meridians according to traditional Chinese medicine (TCM), passing through every tooth and affecting various organ systems.

From a biological medical perspective, the removal of such interference fields (also affected dead teeth) is strongly recommended, in order for the body to better self-regulate again. Our dentists are here for you to consult you if necessary.

Additional offers, on individual request or prescription (not included):

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

The Paracelsus Detoxification Week is a self-awareness experience that you cannot compare in intensity with conventional fasting, because the inner forces of regulation are stimulated much more by the very specific diet and the accompanying therapies. The treatment has a long-lasting, vitalizing effect on your health. You will receive written documentation on all topics. Thus, you are also able to implement these at home.

Included treatments 1 OPT, 1 entry medical consultation, 2 specific medical liver treatments, 2 colon-hydrotherapies, 1 magnetic field therapy, 1 cupping treatment, 1 lymph massage, 3 IHHT (Hypoxia Hyperoxia Interval Training), 2 infusions, 2 liver compresses, 2 local hyperthermia treatments (Indiba), 2 nutritional counseling, 1 set of supportive remedies (extra cost at pharmacy), 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, medications and therapies are not included in the price.

Hotel The following hotels offer the special detox diet:

Accommodation

- Hotel Linde, Teufen
- Pension Alpenheim, Teufen (breakfast only with self-catering option. Alternatively, the meals could be taken at hotel Linde in Teufen)
- 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 metabolic 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 Detox-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 Detox-week. Then you will receive the confirmation of participation and the liver detoxification instructions for starting at home. The hotel confirmation follows 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 date of the week.
The participants	Doctors of the Paracelsus Clinic Lustmühle • Holistic Nutritionist • Patient advocate • Physical Therapy and Nursing Department • Secretaries of the medical department (scheduling and administration) • Paracelsus Culinarium (Restaurant)