

**Paracelsus Clinic Lustmühle – bio-logically on the right track.**



## Welcome to the Paracelsus Clinic Lustmühle.

Have you ever considered the option of natural healing? Or do you suffer from chronic health problems that do not respond to conventional treatments? Do you wish a holistic view of your health situation? Are you looking for a comprehensive center for natural healing methods where your illness can be treated individually? Then the Paracelsus Clinic Lustmühle is the comprehensive center you have been looking for!

### **In harmony with ones self, nature and the environment.**

Not only does Paracelsus biological-integrative medicine employ natural healing methods – it also initiates the patient into a vision of health that works in harmony with the rhythms of nature.

### **The biological-integrative medicine of the Paracelsus Clinic**

- improves your quality of life
- strengthens your feeling of self and self-consciousness
- alleviates acute and chronic diseases
- helps to cure and prevent disease
- reduces costs through avoiding unnecessary surgery and lifelong dependency on chemical treatment
- is safe and does not cause any side-effects
- is not only concerned with the symptoms of illness, but eliminates the root causes
- enables the patient to make an active contribution to the healing process



## We treat people – individually.

### Biological medicine shows you the health connections and root cause of your illness

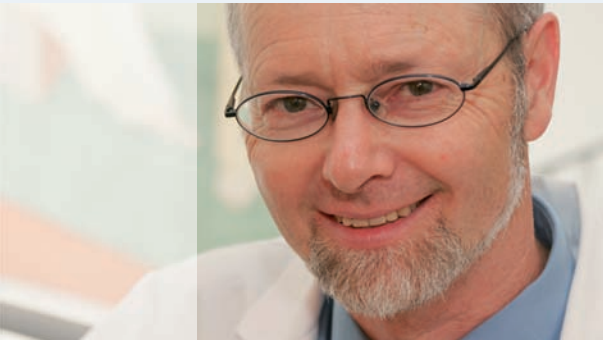
At the Paracelsus Clinic patients learn to critically examine their illness under the guidance of a doctor. The patient helps to identify the root cause(s) of his or her illness and to select therapies that will stimulate the natural healing and health-preserving process. With the full cooperation of the patient, coupled with the Paracelsus staff's input of experience and knowledge, tendencies to illness can be detected and the course of the disease reversed. Biological-integrative medicine calls for a responsible attitude to one's own health. It is the basic medicine that empowers the body to restore its equilibrium. Conventional remedies are sometimes also used as a com-

plementary measure.

On behalf of the Paracelsus Clinic Lustmühle – a motivated team of over 80 members of staff!



Dr. Thomas Rau, M.D.  
Medical Director



# Stimulate the body's own regulatory forces.

## Making use of cell renewal

The human body is a dynamic system which regenerates itself every day, constantly forming new body tissues. We stimulate and make use of this regenerative process of your bodies tissues.

It is when the body is no longer able to cope with dysfunctions and loads that chronic illnesses occur. One of the strengths of the doctors at the Paracelsus Clinic Lustmühle is their ability to localize the causes of regulatory dysfunctions.

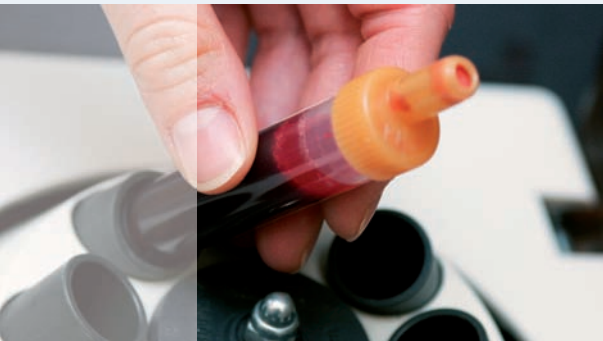
## Diffuse symptoms are not merely «psychological»

There are more and more new illnesses that are hard to diagnose, and which do not respond to conventional treatment using psycho-pharmaceuticals. These include:

- fibromyalgia
- chronic fatigue syndrome
- burn-out syndrome
- multiple chemical sensitivity syndrome (MCS)

## Even in illnesses that are already well-known, the root causes are often neglected. This is the case with:

- metabolic dysfunctions (metabolic syndrome) with overweightness, diabetes and cardiovascular diseases
- neurological dysfunctions due to heavy metals and other toxic influences
- susceptibility to infections
- chronic wear-and-tear



# Root causes instead of symptoms.

## Preventive check-up

Our examinations are comprehensive and seek to identify all the causes of a disease. We frequently use fine energetic methods, such as a unique process for measuring the vegetative nervous function, complemented by well-known conventional medical techniques.

## Pioneers in diagnostic

The Paracelsus Clinic Lustmühle is a pioneering institution in the diagnosis of the root causes of chronic and diffuse illnesses, using a combination of various tests.

A reliable diagnosis requires the use of state-of-the-art techniques such as:

- genetic tests to detect cellular weaknesses
- heavy metal tests to detect toxic loads
- comprehensive blood and hormone tests to detect organ dysfunctions
- holistic examinations of the teeth and jaws to detect interference fields
- thermographs and biological milieu tests to detect regulatory disturbances and over-acidity
- thorough examination of the intestines, intestinal bacteria and levels of immunity
- darkfield microscopic blood analysis



## Comprehensive center for over 50 years.

### We take time for our patients

Before starting any therapy, we identify the root causes of the patient's illness. The doctors at the Paracelsus Clinic Lustmühle do not merely rely on existing diagnoses, but search further for the underlying causes. Since the cause of any illness may vary from one person to another, we examine our patients according to the principles of biological-integrative medicine. These examinations are conducted with great care and are therefore time-consuming.

### Individual examination and treatment

For the patient, biological-integrative medicine is both fascinating and challenging. You will be concerned with your own personal situation and we will keep you fully informed of developments. You are the key to your own recovery. Chronic diseases develop slowly, and recovery may take a long time, but we will guide and assist you during the recovery phase.



# Information – is vital.

## A comprehensive range of therapies

We generally combine several different types of alternative medicine, complemented by some of the principles of conventional medicine. All doctors, dentists, therapists and nursing staff at the Paracelsus Clinic Lustmühle were originally trained in conventional medicine. They also have a number of years' experience in biological-integrative medicine.

Our therapies include the following methods:

- isopathy and homeopathy
- neural therapy and acupuncture
- orthomolecular medicine
- milieu therapy according to Prof. Enderlein
- acid-based stabilizing therapy
- phytotherapy
- anthroposophic medicine
- osteopathy
- psychosomatic counseling
- nutritional medicine

The following therapeutic techniques are used for detoxification and improvement of the body's energy balance:

- local and whole-body hyperthermia
- colon hydrotherapy with intestinal refluorisation
- myo-reflex therapy
- various massage techniques such as foot reflex zone massage, lymph drainage etc.
- breathing therapy, oxygen therapy
- bleeding therapy, MRT
- nose flushes
- craniosacral therapy, manual therapy
- biomechanical stimulation (BMS)
- magnetic field therapy
- Paracelsus detoxifying and base infusions
- ozone and chelation therapy



# Chronic illnesses – the domain of biological-integrative medicine.

## Chronic illnesses can be cured

In the case of chronic illness, the body's self-healing powers fail, often because of the simultaneous effect of several dysfunctions. The doctors at the Paracelsus Clinic Lustmühle attach great importance to localizing the individual causes and eliminating the disturbing influences.

Using our holistic approach we find solutions for:

- chronic stomach and intestinal dysfunctions such as ulcerative colitis and Crohn's Disease
- heart and blood vessel diseases, as well as circulatory dysfunctions,

- angina pectoris and hypertonia
- allergies (including hidden food allergies) and associated diseases such as asthma, neurodermitis, chronic sinusitis and hay fever
- susceptibility to infections and other weaknesses of the immune system
- rheumatism, arthritis, changes in soft tissues or the spinal column, migraines and pain conditions
- autoimmune diseases such as MS
- neuralgias (e.g. post-shingles), facial neuralgia
- chronic fungal problems, Candida infections
- disturbance fields in the teeth and jaws
- heavy metal poisoning, amalgam problems, intoxications





## We treat the whole person.

### Cancer – a disease of the whole body

Degenerative and malignant diseases are increasing at an alarming rate. They are becoming both more frequent and more threatening than other diseases. In our grandparents' time, only one in ten or twelve people were stricken with a malignant disease. Nowadays, one person in three will be affected. This cannot be explained away by our higher life expectancy. Bad eating habits, together with huge increases in toxic loads – both of which are cancer-promoting components – also play a major role.

The Paracelsus Clinic Lustmühle has carried out biological-integrative cancer therapy for many years. Our ultramodern therapy combines many different methods of cancer treatment. Doctors who are highly qualified in both conventional medicine and holistic treatments use state-of-the-art testing methods to find the root cause of the cancer and then combine natural healing processes with conventional medicine. The side-effects of conventional medical treatment using chemotherapy and radiation can be considerably reduced with the aid of natural remedies. For this reason, every cancer patient should be treated according to the principles of biological-integrative medicine. The cause of the cancer can often be traced back to traumatic psy-

chological experiences, or else problematic behavioral patterns in the patient's self-relationship or the relationship with those closest to him or her. Not until the root cause has been detected and eliminated can the healing process commence.

### Cancer is a disease of the immune system

The immune system is systematically strengthened:

- tailored Paracelsus nutritional program
- mistletoe therapy and lactic acid therapy
- whole-body hyperthermia and local hyperthermia
- immunobiological preparations
- SANUM therapy according to Prof. Enderlein
- oxygen/ozone therapy
- Coy diet

### Toxic load in cancer patients

Toxic load is identified individually and detoxified using:

- antioxidants
- high doses of vitamins
- trace elements
- biological cancer medications and infusions

# Dental treatment – it's essential to find the right solution!

## Teeth as the cause of chronic diseases

The teeth are an integral part of the body, and not just tools for cutting up food. If the teeth are unhealthy, this may disturb other organs and functions of the body. Many chronic diseases, such as neuralgia, chronic sinusitis, headaches, back problems or diseases of the joints, are correlated with dental problems.

## Biological-integrative medicine and dentistry

Every tooth, as a part of the human body, is closely connected with the meridian and lymphatic system. An infected tooth or inflamed jaw may well cause disturbances in the respective part of the functional system. The same applies in the case of toxic load caused by heavy metals.

In our experience, the main problems are:

- amalgams and other toxic metals such as mercury, palladium, titanium etc.
- root-cannalling of dead teeth, inflammations of the jaw, abscesses etc.
- metal intolerance, especially in the case of implants
- impacted or displaced teeth

At the Paracelsus Clinic Lustmühle dental diagnosis includes:

- dental, periodontal and functional status
- X-rays including 3D tomography
- detection of hidden heavy metal load (mercury, zinc, palladium)
- fine energetic examination for the detection of interference fields and dental material intolerances
- measuring galvanic currents
- thermography and ultrasound examinations
- thermo-regulation test (interference fields and joint displacements)



## Mercury causes illness.

### Amalgam removal

As a potent cell toxin, amalgam can disrupt or even paralyze bodily functions. For many patients, the removal of amalgam is the first step towards curing physical ailments. However, amalgam removal is a critical operation. If incorrect techniques are used, mercury vapor may be discharged. The dentists at the Paracelsus Clinic Lustmühle have developed methods to prevent any harm to patients. These methods are continually adapted to the latest developments:

- special suction technique
- low frequency drilling
- protective covering measures
- oxygen

Before, during and after the removal of amalgam, the mercury stored in the body is eliminated by means of evacuation medication and special mercury-evacuation infusions. At the Paracelsus Clinic Lustmühle doctors and dentists cooperate closely.

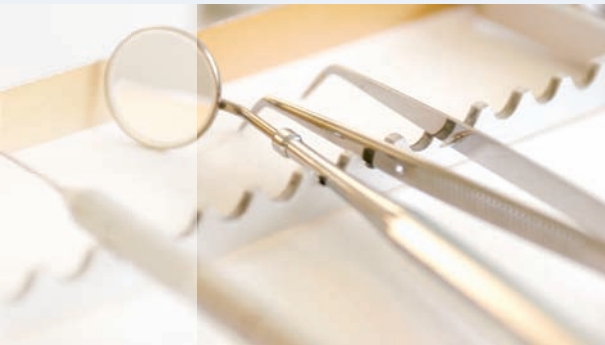
### Special methods

Stabident is a specially developed method whereby homeopathic and isopathic medicines are injected directly into the interference field in the jaw. This method can heal profound inflammations and help to preserve a jeopardized tooth.

The magnetic field treatment soothes the nerves after a dental operation, promotes healing of the wound and relieves pain. This way, there are no problems after the removal of a tooth. Bioresonance therapy helps to treat the affected area and prevent infections.

### Metal-free treatment

Many people react against the metals that are used in dental treatment. We work completely without metals if necessary. Ceramic implants replace titanium implants, which can cause toxic problems. The Paracelsus Clinic Lustmühle is a leader in the field of ceramic implants.



## Correct nutrition.

### Faulty nutrition can make you ill

Healthy nutrition is a must! Eating should be enjoyable, and it is very important to allow sufficient time for meals. Apart from toxic influences, faulty nutrition and intolerance of certain foods are the most common causes of illness. Metabolic changes such as hypertonia, overweightness, joint and intestinal problems or neurological diseases and cancer are closely related to nutrition.

The Paracelsus Clinic Lustmühle uses modern methods to check the health of the intestinal flora and the presence of nutritional allergies. We will analyze your nutrition and show you some simple measures for healthy living.

### The Paracelsus principles of nutrition

Modern nutrition can no longer be considered «complete», i.e. it fails to cover all the body's needs because it does not contain all the necessary mineral substances, vitamins and nutritional substances. For this reason, the Paracelsus principle follows the modern criteria of a hypoallergenic diet with low carbohydrate content. The diet is largely vegetarian, which means it is rich in vegetable oils.

### Paracelsus diet for cancer patients

It is vital that cancer patients should eat the right food: nutritional allergies are a strain on the immune system and prevent the body from fighting the cancer. Faulty, acid-forming nutrition promotes the formation of lactates in the cells, and thus cancer.

The unique Paracelsus diet for cancer patients integrates the latest findings of Dr. J. Coy, as well as those of M.O. Bruker, Gerson and Budwig.



## Our public Paracelsus Clinic pharmacy.

### A varied assortment

Our modern knowledge of metabolic processes and their regulation is reflected in the range of products available from the Paracelsus Clinic pharmacy. New forms of therapy with trace elements, natural hormones, catalysts and immunostimulatory medicines complement our wide range of holistic remedies, as well as the traditional homeopathic, spagyric and phytotherapeutic treatments.

In addition, the Paracelsus Clinic pharmacy carries a wide range of special products such as gluten-, milk- or egg-free foods and natural cosmetics. The Paracelsus Clinic pharmacy offers books and videos on selected aspects of nutrition and biological-integrative medicine, as well as CDs with music for relaxation.



## Biological-integrative medicine, brief and intensive.

### Paracelsus intensive treatment weeks – an experience for body, mind and soul

The Paracelsus Clinic Lustmühle is primarily an outpatient clinic. However, we also offer semi-stationary treatment for individuals or groups with overnight accommodation at a local hotel catering for our special diets or fasting therapy. The patients can come to the clinic for their daily therapy sessions. Our website also provides information about hotels in the region that work together with the Paracelsus Clinic Lustmühle.

### Health check

A holistic health check is not only recommended for ill, but also for healthy persons. We connect traditional and complementary-medical research methods, which not only diagnose already existing diseases, but also loads and disease tendencies in their early stages. The physicians of the Paracelsus Clinic Lustmühle can thus deliver an explicit recommendation regarding prevention.

### Individual intensive cures

We particularly recommend our individual intensive cures for patients with chronic and serious diseases, such as chronic fatigue syndrome, polyarthritis and other immune disorders, tumors, overweightness and allergies:

- Dr. Rau's Paracelsus liver detoxification program
- Dr. Rau's Paracelsus cancer program
- Dr. Rau's Paracelsus fibromyalgia program
- Dr. Rau's Paracelsus anti-allergy program
- Paracelsus metabolic program

### The liver detoxification program

The intensive detoxification and milieu therapy covers a combination of base and vitamin infusions, neural therapy, mesenchyme therapy and hyperthermia. The elimination of any hidden nutritional allergies is vital. The detoxification therapy is individually supported by a special detoxification diet.



## Healthy nutrition boosts performance.

Healthy nourishment is important for a life without disease; because with healthy meals we strengthen our performance and our immune system. Healthy meals should not however only be good for our body, but also taste good and bring joy.

A Chinese proverb says: «The way to health leads not through the pharmacy but through the kitchen».

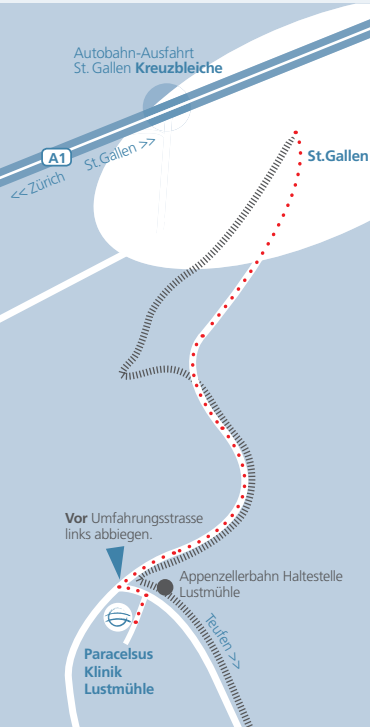
Already in olden times, humans were concerned with nutrition. The fact is: incorrect nutrition and food incompatibilities are frequent causes of disease. Metabolic disturbances such as hypertonia, overweightness, joint and intestinal problems, but also neurological diseases and cancer, are nutrition related.

At the «Culinarium Winkelstein», the Paracelsus Clinic Lustmühle runs its own public restaurant for a healthy and balanced nutrition.

The menu compositions in the Paracelsus restaurant are based on the most modern criteria of a hypoallergenic, carbohydrate-poor and to a large extent vegetarian nutrition, which is rich in vegetable oils.

With varied midday menus the «Culinarium»-team not only spoils patients and staff: YOU are also cordially welcome!





## Registration

Patients can register with the Paracelsus Clinic Lustmühle directly. It is not necessary to be referred by a doctor, but we would be pleased to cooperate with your doctor or alternative practitioner.

## Postal address:

Paracelsus Klinik Lustmühle  
Postfach 162, CH-9053 Teufen

### • Medical Clinic

Tel. +41 71 335 71 71 Fax +41 71 335 71 00

### • Dentistry

Tel. +41 71 335 71 77 Fax +41 71 335 71 70

### • Pharmacy

Tel. +41 71 335 71 41 Fax +41 71 335 71 40

• **E-Mail** [info@paracelsus.ch](mailto:info@paracelsus.ch)

• **Internet** [www.paracelsus.ch](http://www.paracelsus.ch)

## Health insurance

Since all doctors at the Paracelsus Clinic Lustmühle are qualified in conventional medicine, Swiss patients are covered for fundamental medical services under their basic health insurance. However, many of the complementary medical

treatments must be paid by the patient. In some cases, they may be covered by the patient's complementary insurance. We advise patients to check with their health insurance before commencing treatment.

## How to find us:

Battenhusstrasse 12  
CH-9062 Lustmühle

## By car:

Exit motorway A1 at St.Gallen-Kreuzbleiche. Follow the main road in the direction of Appenzell/Altstätten. After 3.5 km, before reaching the Teufen bypass road, turn left to – «Lustmühle».

## With the Appenzell Railway:

Take a train from the main station in St.Gallen in the direction of Teufen-Appenzell. «Lustmühle» is the second stop after St.Gallen. NB: this is a request stop!

## Newsletter – Subscription

[www.paracelsus.ch/newsletter-register](http://www.paracelsus.ch/newsletter-register)