



## CALDA MEETS AFRICA PROGRAM

For those looking for a bridge between the intensive initial phase of therapy lasting four weeks as part of the CALDA Full Program in the CALDA Clinic and returning home, we now offer our new and exclusive CALDA Meets Africa Program. As a lower-threshold, three-week long second phase of therapy of the highest level, you will experience adventure and experiences “back to the roots” in the Cradle of Humankind with a first-class team in Africa.

Costs per person for four weeks: from CHF 500,000.

### CALDA FULL PROGRAM

Immediately after your arrival, you undergo an internal check-up with ECG and abdominal sonography at our private partner clinic Bethanien lasting one to three days ([www.klinikbethanien.ch](http://www.klinikbethanien.ch)). Further examinations such as bicycle ergometry or lung radiography are carried out as required. In cases of addiction, the detoxification process is initiated straight away.

#### **Psychiatric Diagnostics**

In Psychiatric Diagnostics, we ascertain your mental state, your personal as well as social anamnesis (medical history) and your addiction and family anamnesis.

#### **Orthomolecular Diagnostics**

As part of Orthomolecular Diagnostics, we perform an extensive clinical-chemical analysis, which involves the following examinations:

Allergies and intolerances, amino acid status, inflammation, fatty acid profile, heart rate variability (HRV), hormonal balance, bone metabolism, metabolites, microbiome, micronutrient status, food intolerance, neurotransmitter status, oxidative stress, nitrosative stress, stress profile, stool and digestion analysis.

Through the epigenetic analysis, we find out more about the following values: Breakdown of food components, antioxidative capacity, iron absorption and utilisation, detoxification approach with toxins, fat metabolism-cholesterol, bone metabolism, lactose malabsorption, pharmacogenetics, reaction to

inflammations and infections, stress and mood, obesity and diabetes, vitamin levels (B vitamins, homocysteine), Coeliac risk.

Based on these comprehensive diagnostics, we are able to offer you a treatment individually tailored to you:

## TREATMENT

For long-term results, we recommend a minimum stay of four weeks at the CALDA Clinic. A personal coach will live with you 24/7 during the entire period. The therapeutic program comprises six to eight hours a day, seven days a week and is structured as follows:

### **Psychiatry and Psychotherapy**

- Intensive psychotherapy (CBT, EMDR, clinical hypnosis, enactive traumatherapy)
- Resource activation
- Self-management
- Mood stabilisation
- Disorder-specific psychoeducation
- Stress management

### **Orthomolecular Medicine**

- Amino acids, minerals and vitamins from the first day
- Personalised CALDA micronutrient mixture for three to six months
- Personalised lifestyle coaching
- Personalised diet coaching
- Personalised meal preparation

### **Alternative and Complementary Medicine**

Aside from classic conventional medicine, there are a range of traditional medicinal and therapy worlds. As an advocate of integrative medicine, we have expanded our range of measures with proven and successful formulas

from alternative and complementary medicine. We tailor our weekly programme to you. The most successfully implemented treatment elements are the following:

Acupressure, acupuncture, breathing/singing and voice therapy, ayurveda, physiotherapy, chronotherapy, coaching through the 12-step program, cranial electrotherapy stimulation (CES), art and creative therapy, manual therapies, meditation and mindfulness, neurofeedback, personal training, equine-assisted psychotherapy, phytotherapy, tango therapy, yoga.

## RESIDENCES

In our luxurious and private residences, you can switch off in peace, recuperate and be treated. A premium full service with butler, chef and luxury limousine service with chauffeur is included.

Hotel costs, medical services from third-party institutes and post-treatment programs are not included.

## CALDA Meets Africa Program

Our exclusive partner Expedition Discovery ([www.expedition-discovery.com](http://www.expedition-discovery.com)) will organise a tailored trip for you in close cooperation with the CALDA Clinic, during which you can rediscover yourself at your own pace. With a first-class team, you can experience adventure and original (borderline) experiences at the highest level during three weeks in Africa. During the entire time, you will be accompanied by one or, if desired, several, private security officers.

Every person is different, which is why they have to take a different journey to find their place in the world.

Expedition Discovery organises your journey in close cooperation with you to make it relaxing or intellectually, physically, emotionally and spiritually challenging. The goal is for you to find yourself through this journey or to discover new aspects of your personality. Africa is the Cradle of Humanity and best suited for doing so thanks to its wild origins.



### **Organisation**

After first contact and analysis, a personalised, holistic journey will be planned by Expedition Discovery in consultation with the CALDA Clinic to meet your demands and needs. Locations, activities, therapies and optimal duration are captured in a proposal and an accompanied team selected from a pool of credible professionals and experts.

All our journeys within Africa begin two to three days after completing the CALDA Full Program in Kenya's Nairobi. Expedition Discovery suggests beginning your Africa trip in Kenya, a country that features an unbelievable variety of different climate zones, landscapes and cultures. During the three-week journey, you will have plenty

of time to relax. We will, where possible, travel on the road and stay in luxurious as well as simple accommodation.

The routes and activities are put together according to your wishes, needs and physical fitness.



### **Team**

What is unique that during the entire trip, you will be accompanied by one or, if desired, several committed security officers. This person functions as a mentor, helps with logistics and takes care of your safety. The task of our expedition team is to ensure that you always feel both safe and well and are on the right path to fulfilling the purpose of your trip.

Depending on your personal rehabilitation history, the Expedition Recovery team can be complemented by dietary consultants, masseurs, meditation practitioners, life coaches, personal trainers, spiritualists and/or yoga instructors. Local or international therapists of your choice can also be included in the team. The team will do everything to help you achieve your goal.

Expedition Discover has a network of highly qualified doctors, consultants, psychiatrists and therapists in Eastern and Southern Africa. These can be part

of the trip or be drawn on to intervene in critical situations.

## COSTS

For the CALDA Meets Africa program, we charge you from CHF 500,000 per person for seven weeks.

Program-external hotel costs, medical services by third-party institutes and post-treatment programs are not included.

Should you have any questions or uncertainty, we will be happy to help you at any time.

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