



## CALDA POST-PARTUM DEPRESSION PROGRAM

This program corresponds to the CALDA Full Program with the addition of specific mother-child time and a paediatric nurse in the team.

Post-partum depression can occur within the first two years after giving birth. The onset is gradual and manifests itself through a lack of energy, ambivalent feelings towards the baby, sadness and feelings of guilt. Our program allows mothers to bring their babies with them so they can learn to develop a loving mother-child relationship.

Costs per person for four weeks: from CHF 360,000.

### DIAGNOSTICS

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 program 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.

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

## COSTS

For the CALDA Post-Partum Depression Program, we charge you from CHF 360,000 per person for four weeks.

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.*