



CALDA FULL PROGRAMME

The CALDA Full Programme with individual disorder-specific focuses is applied with all diagnoses. This excludes post-partum depression and specific phobias with the respective special programmes.

With the CALDA Full Programme, you receive the entire CALDA treatment based on our unique CALDA Concept, which is implemented by our proven successful, international medical team as well as our highly qualified network of experts. We guarantee tailored precision medicine and individual one-to-one premium consulting.

Costs per person for four weeks: CHF 320,000.

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. 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 programme 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)
- 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 programme, 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.

You can find further information on the residences here.

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

Costs

We charge you CHF 320,000 per person for the CALDA Full Programme for four weeks.

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

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



CALDA POST-PARTUM DEPRESSION PROGRAMME

This programme corresponds to the CALDA Full Programme 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 programme 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: CHF 360,000.

DIAGNOSTICS

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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 programme 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)
- 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 programme, cranial electrotherapy stimulation (CES), art and creative therapy, manual therapies, meditation and mindfulness, neurofeedback, personal training, equine-assisted psychotherapy, phytotherapy, tango therapy, yoga.

Residences

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You can find further information on the residences here.

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

Costs

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

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

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



CALDA MEETS AFRICA PROGRAMME

For those looking for a bridge between the intensive initial phase of therapy lasting four weeks as part of the CALDA Full Programme in the CALDA Clinic and returning home, we now offer our new and exclusive CALDA Meets Africa Programme. 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: CHF 500,000.

CALDA FULL PROGRAMME

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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.

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TREATMENT

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Psychiatry and Psychotherapy

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

Orthomolecular Medicine

- Amino acids, minerals and vitamins from the first day
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- Personalised meal preparation

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Acupressure, acupuncture, breathing/singing and voice therapy, ayurveda, physiotherapy, chronotherapy, coaching through the 12-step programme, 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.

You can find further information on the residences here.

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

CALDA Meets Africa Programme

Our exclusive partner Expedition Discovery (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 Programme 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.

Find out all the important information about Expedition Discovery here.
(www.expedition-discovery.com)

Costs

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

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

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

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CALDA SPECIFIC PHOBIA PROGRAMME

In just one week, you will be liberated from your fears! This programme is advisable and highly-effective with isolated, specific phobia.

Specific phobia is an anxiety disorder with continual fear of an object, location or a situation, whereby the perception of a threat or danger is disproportionate to the fear-inducing factor. The affected individual tries vehemently to avoid the fear inducing situation. If this is not possible, an immediate and uncontrollable anxiety reaction results, which can develop into a panic attack. These irrational fears and reactions go hand in hand with an impairment to social and professional life.

Costs per person for one week: CHF 100,000.

DIAGNOSTICS AND TREATMENT

Diagnostics

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

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

Treatment

Neuroscientists have established an abnormal hyperactivation in the risk response among anxiety patients. Cognitive Behavioural Therapy (CBT) has proven successful in down-regu-

lating the response to threats. It is the first-choice therapy. Another effective form of therapy is exposure in sensu, a form of desensitisation. With this, you can confront the fear in a safe environment.

The combination of both procedures is the most effective way to treat specific phobias.

A personal coach will live with you 24/7 during the entire week. The therapeutic programme comprises six to eight hours a day, seven days a week and is structured as follows:

Psychiatry and Psychotherapy

- Fear management
- Diagnostics
- Intensive psychotherapy with confrontation in vivo and in sensu (CBT, VRET: EMDR, clinical hypnosis)- Psychoeducation
- Stress management
- Orthomolecular Medicine
- Amino acids, minerals and vitamins from the first day
- Personal lifestyle coaching

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. The most successfully implemented treatment elements are the following:

- Acupressure, acupuncture
- Alpha stimulation
- Manual therapies
- Meditation and mindfulness
- Personal training
- 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 limousine service is included.

You can find further information on the residences here.

Costs

For the one-week CALDA Specific Phobia Programme, we charge you CHF 100,000 per week and person. External hotel costs, medical services by third-party institutes and post-treatment programmes are not included.

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



CALDA ORTHOMOLECULAR PACKAGE

If you would like to take advantage of our laboratory diagnostics including nutrition and lifestyle coaching, then this is the right programme for you.

Orthomolecular medicine strives "to retain good health and treat illnesses by changing the concentration of substances which are normally present in the body and responsible for health". The term "orthomolecular" was coined by US chemist and two-time Nobel Prize Winner Dr Linus Pauling. From the perspective of orthomolecular medicine, a biochemical imbalance in the body leads to illnesses. This imbalance can lead to chronic deficiency systems or illnesses. These include, for example, allergies, unclear intestinal problems, food intolerances or sleep disorders.

This imbalance can be balanced out by taking food supplements. Orthomolecular medicine deals with the effect of micronutrients such as vitamins, vitaminoids, amino acids, trace elements, secondary plant substances and minerals. Micronutrients are a very good alternative to psychiatric drugs. These are highly compatible and do not harbour the risk of dependency. In addition, they empirically accelerate the psychotherapeutic process.

Not only is orthomolecular medicine a valid alternative to psychiatric drugs, but rather forms the basis of modern preventative, better ageing and lifestyle medicine.

We carry out treatment in two phases as part of the CALDA Orthomolecular Package. The first phase lasts two days and the second takes place after four weeks and lasts one day. This can, for example, ideally be combined with holidays or a business stay in Switzerland.

Costs for the CALDA Orthomolecular Package: CHF 20,000.

Orthomolecular Diagnostics

As part of orthomolecular diagnostics, we perform an extensive clinical-chemical analysis, which contains 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.

In the second phase, which takes place during one day three weeks after the first phase, you will find out the following from our team of experts:

- Risk analysis, diagnoses
- Personalised treatment strategies
- Weight management
- Personalised CALDA micronutrient mixture for three to six months
- Personalised lifestyle concept
- Personalised nutrition concept
- Preventative measures
- Directly necessary treatments and therapies
- Summarising evaluation and procedure

Residences

During the duration of the CALDA Orthomolecular Package, you will be directly responsible for your own accommodation, as the treatments are carried out on an outpatient basis. If desired, we will, however, be happy to organise a hotel for you. Benefit from our excellent relations in the process.

Costs

The costs for the CALDA Orthomolecular Package amount to CHF 20,000. Accommodation is not included.

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