



## CALDA ORTHOMOLECULAR PACKAGE

If you would like to take advantage of our laboratory diagnostics including nutrition and lifestyle coaching, then this is the right program 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: from CHF 20,000.

## ORTHOMOLECULAR DIAGNOSTICS RESIDENCES

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

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 from CHF 20,000. Accommodation is not included.

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