



CALDA ORTHOMOLECULAR PACKAGE



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The CALDA Orthomolecular Package is the ideal package if you wish to benefit from our laboratory diagnostics, as well as nutrition and lifestyle coaching, in an outpatient setting.

As a rule, orthomolecular medicine strives 'to maintain good health and treat disease by altering the concentration of substances normally present in the body responsible for health and wellbeing.'

The term 'orthomolecular' was coined by American chemist and two-time Nobel Prize winner Dr. Linus Pauling. From the perspective of orthomolecular medicine, any illness comes as a result of a biochemical imbalance in the body. This imbalance can lead to chronic deficiencies or even diseases. These include, for example, allergies, unexplained intestinal complaints, food intolerances, and sleep disorders. However, any such imbalance can be corrected by adding the right nutritional supplements.

Orthomolecular medicine deals with the effect of micronutrients, such as vitamins, vitaminoids, amino acids, trace elements, secondary plant substances, and minerals. Micronutrients are often an excellent alternative to psychotropic drugs. They have a high tolerance level and no potential for dependence. In addition, research has shown that they accelerate the psychotherapeutic process.

Orthomolecular medicine is not only a valid alternative to psychotropic drugs, but it also forms the basis of modern preventative, better aging and lifestyle medicine.

Treatment in the CALDA Orthomolecular Package is carried out over two phases. The first phase lasts two to three days; the second takes place after a break of several weeks and lasts just one day. This means it can easily be combined with a vacation or a business trip to Switzerland.

Cost of the CALDA Orthomolecular Package: CHF 32,000.





COSTS

For the CALDA Orthomolecular Package, we charge CHF 32,000 per person. Accommodation is not included.

If you have any questions or doubts, please contact us. We are always happy to help.



DETAILS

Orthomolecular diagnostics

In the **first phase** of the CALDA Orthomolecular Package, we perform extensive **clinical-chemical analysis**, which includes the following tests:

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

Through **epigenetic analysis**, we learn more about the following values:

Breakdown of food ingredients, antioxidant capacity, iron absorption and utilization, detoxification metabolism of pollutants, lipid metabolism/cholesterol, bone metabolism, lactose malabsorption, pharmacogenetics, response to inflammation and infection, stress and mood, vitamin balance (B vitamins, homocysteine), obesity and diabetes, and celiac risk.

In the **second phase**, our team of experts will inform you about the following:

- Risk analysis, diagnoses
- Personalized treatment strategies
- Weight management
- Personalized CALDA micronutrient blend for three to six months
- Personalized lifestyle concept
- Personalized nutrition concept
- Preventive measures
- Necessary treatments and therapies
- Summary of evaluation and procedures



ACCOMMODATION

For the duration of both phases of the CALDA Orthomolecular Package, you are responsible for your own accommodation, as examinations are performed on an outpatient basis. However, we will be happy to organize a hotel for you upon request if you would like to benefit from our excellent contacts.



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