



CALDA POSTPARTUM DEPRESSION PROGRAM





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This program is the same as the CALDA Full Program, with the addition of specific mother-child time and a pediatric nurse on the team. This means that you can bring your baby with you, which we feel is extremely important to your recovery.

Postpartum depression can occur within the first two years after the birth of a child. It starts insidiously and manifests itself through lack of energy, ambivalent feelings towards the baby, sadness, and guilt. Our program, therefore, encourages you to bring your baby with you so you can learn to develop a loving mother-child relationship.

Costs per person for four weeks: CHF 568,000.

DIAGNOSTICS

Medical check-up

In our partner clinic, Privatklinik Bethanien, you will undergo a medical check-up lasting one to three days. This can also be performed on an outpatient basis. In the case of addiction, detoxification is immediately undertaken.

Psychiatric diagnostics

During psychiatric diagnostics, we determine your mental state, examine your personal and social medical history, and your or your family members' experiences of addiction.

Orthomolecular diagnostics

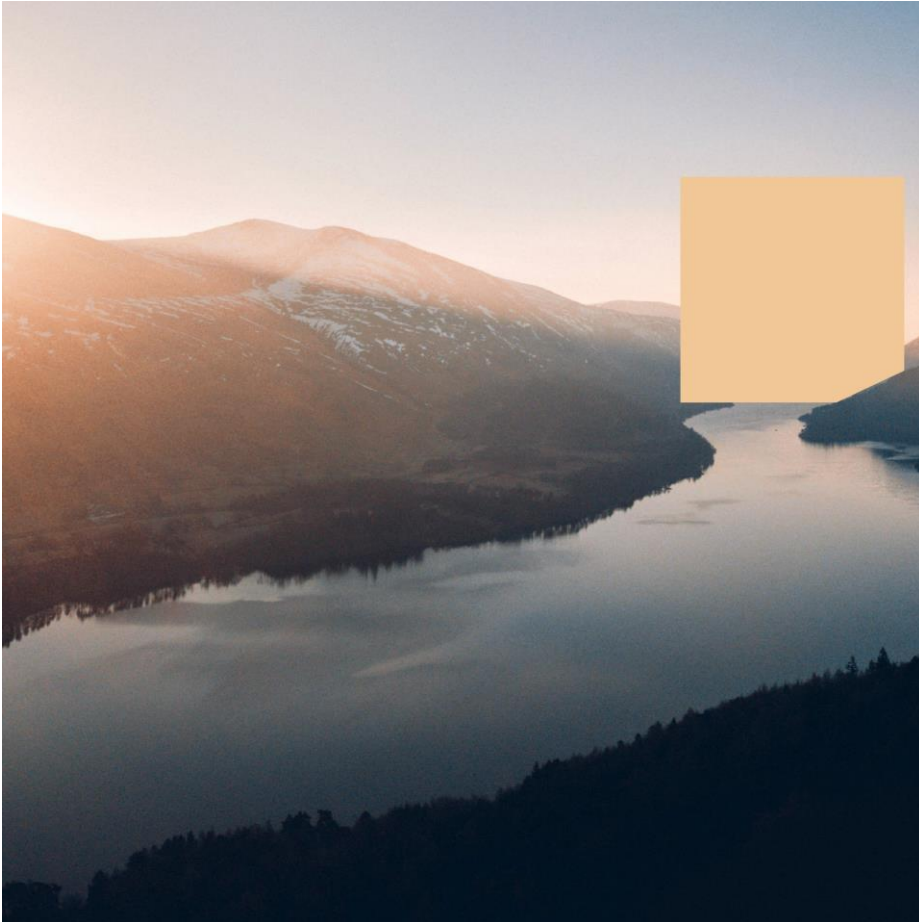
As part of orthomolecular diagnostics, we perform an extensive **clinical-chemical analysis**, which includes the following tests:

Allergy 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, nitrosative stress, oxidative 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, obesity and diabetes, vitamin balance (B vitamins, homocysteine), and celiac risk.

After these comprehensive diagnostics, we can offer a treatment plan specifically tailored to your individual needs.





TREATMENT

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

Psychiatry and psychotherapy

- Intensive psychotherapy (CBT, EMDR, clinical hypnosis, enactive trauma therapy, systemic therapy)
- Resource activation
- Self-management
- Mood stabilization
- Disorder-specific psychoeducation
- Stress management
- Aggression management

Orthomolecular medicine

- Amino acids, minerals, and vitamins, from day one
- Personalized CALDA micronutrient blend for three to six months
- Personalized nutrition coaching
- Personalized lifestyle coaching
- Personalized meal preparation

Alternative and complementary medicine

In addition to traditional conventional medicine, we offer a range of alternative medicine and therapy options. As advocates of integrative medicine, we have expanded our range of treatments to include proven, successful treatments from alternative and complementary medicine.

Our weekly program is tailored to your individual needs. Our most successfully used treatments are the following:

Acupressure, Acupuncture, Breathing/Singing and Voice Therapy, Ayurveda, Movement Therapy, Chronotherapy, 12-Step Program Coaching, Cranial Electrotherapy Stimulation (CES), Art and Creative Therapy, Manual Therapies (such as Massage), Meditation and Mindfulness, Neurofeedback, Personal Training, Equine-Assisted Psychotherapy, Phytotherapy, and Yoga.

COSTS

For the CALDA Postpartum Depression Program, we charge CHF 568,000 per person for four weeks.

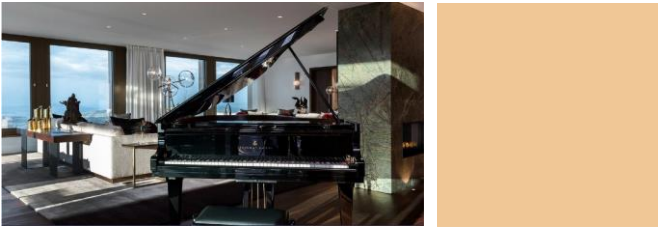
External hotel costs, medical services by third-party institutions, and aftercare programs are not included.

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



ACCOMMODATION

You can switch off, relax, and receive treatment in peace in our luxurious private CALDA residences. Each residence is available to only one client at a time. A full premium service is included, with butler, chef, and driver service.





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