



HEALTH CENTER
CLINIQUE LÉMANA

SWITZERLAND
SINCE 1952

ACUPUNCTURE WITHOUT NEEDLES

First Clinic in Switzerland for an
Acupuncture without needles and
almost painless...

THE CRYO AURICULOTHERAPY



NEW!
THE FIRST IN SWITZERLAND



WWW.LEMANA.COM

Chemin de l'Hôtel Mirador 5 | CH-1801 Le Mont-Pèlerin | Suisse

+41(0)21961 38 12 | admin@lemana.com

ACUPUNCTURE

One of the founding practices of traditional Chinese medicine.

This technique addresses the root causes of health disorders. Its field of action is wide, from colds to insomnia, including depression, stress and hormonal disorders.

PREVENTION

In no case can it be a substitute for medical or surgical treatment but can nevertheless reduce the side effects of certain pharmaceutical treatments.

If there is no formal contraindication to acupuncture, there are nonetheless therapeutic areas, in which it cannot be used or is widely discouraged by health authorities.



CRYO AURICULOTHERAPY

Discovered in 2018 by Dr. David Alimi (University of Paris), it is an innovative cold acupuncture technique, at the cutting edge of technology.

For a better efficiency, this innovative technique consists of replacing acupuncture needles with cold (Cryo) and thus immediately freezing the tissues so that they should be pricked, at a temperature of - 40C.

*«These cryonial needles allow an auriculotherapy: **bloodless, odorless, colorless, almost painless, etiopathogenic,** eliminating the disadvantages of needles, while retaining all their **effectiveness,** and authorizing innovative and more effective auriculotherapeutic techniques and strategies.»*

(Dr. D. Alimi).

PROVEN RESULTS

in the following areas:

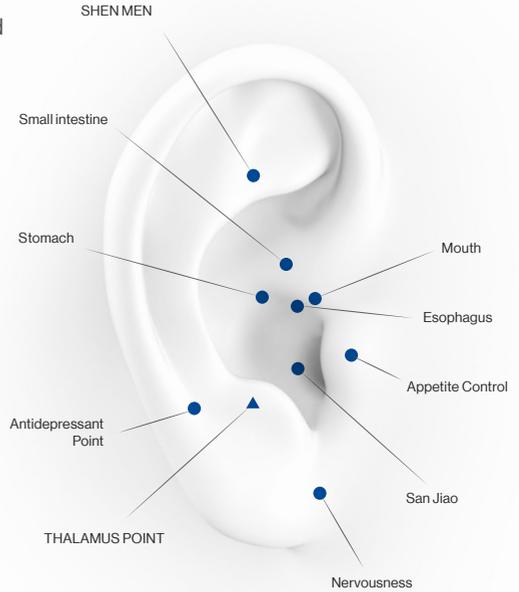
- **Neurology:** headache, pain, neurovegetative dystonia
- **Gynecology:** infertility, menopause
- **Urology:** enlarged prostate, cystitis
- **Gastroenterology:** spastic colon, constipation, gastric reflux
- **Psychiatry:** depression, phobias
- **Dermatology:** psoriasis, eczema, acne
- **Allergology:** food and skin allergy
- **Ophthalmology:** glaucoma
- **Rheumatology and orthopedics:** joint and muscle pain
- **Miscellaneous:** stress, relaxation, homeostasis, self-harming diseases ...

EAR MEDICINE

also called «**Auriculotherapy**», was rediscovered and developed in 1951 by Dr. Paul Nogier, French doctor and acupuncturist. In 1987, the auriculotherapy was officially recognized by the World Health Organization.

AURICULOTHERAPY

The therapy is based on direct stimulation of the nervous system with a puncture using acupuncture or semi-permanent needles. Auriculotherapy is both a **diagnostic** and a **therapeutic** technique. There is at the level of the auricular pavilion a representation of the different parts of the body and of the organs; this mapping, also called somatotopia, is now well known. The ear is therefore both a dashboard on which we can observe and detect the different deregulated points and a control zone allowing the treatment of points in order to obtain a therapeutic action.



PROVEN EFFECTIVENESS FOR:

- Whole body pain: low back pain, sciatica, periarthritis of the shoulder, neck pain, migraines, osteoarthritis, neuralgia, including deep cancer pain
- Manifestations of stress: malaise, anxiety, stress, fears, depression...
- Improve the symptoms of constipation
- Reduce sleep disorders
- Stop smoking or to wean yourself from any other addiction

CONTRAINDICATIONS:

- Pregnant women
- Children under 7
- Avoid needles in people on anticoagulants
- Whenever medical logic does not allow it