



HEALTH CENTER CLINIQUE LÉMANA

SWITZERLAND

SINCE 1952

GUIDE

REVITALIZATION & ANTI-AGING THERAPIES

Committed to anti-aging medicine for several decades, Health Center Clinique Lémana introduces new concepts in its revitalization programs.

70
YEAR

ANNIVERSARY
CELEBRATION
1952 - 2022

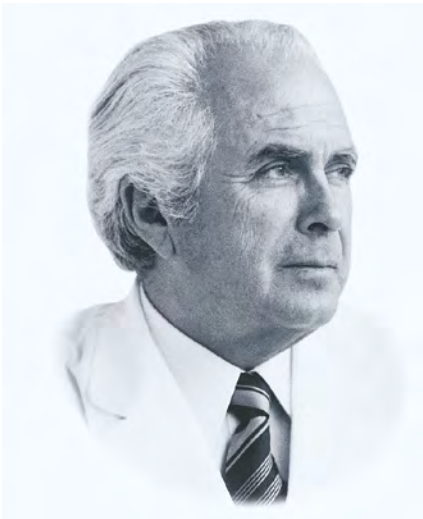
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A SYSTEMIC AND GLOBAL APPROACH

To understand how the Health Center Clinique Lémama helps you to strengthen your immune system, it is essential to look at the history of the Clinic and the method that has been developed by Dr. med. Alfred Pfister.



In 1931, Professor Paul Niehans was one of the leading personalities in the discovery of cell therapy and opened the way to a hitherto unexplored area of modern medicine.

Dr. med. Alfred Pfister worked closely with him, and together they were able to make major scientific discoveries such as the influence of animal fetal cell extracts on the human body, which later formed the basis for cell therapy.

In 1952, Dr. med. Alfred Pfister discovered a revolutionary technique to stabilize these cell extracts in a carefully studied proportion in order to use them in his treatments.

These particular treatments revolve around a more holistic method that focuses on the interactions between the different biological systems that govern the human body. The complexity of these interactions led Dr. Pfister to

offer his patients comprehensive holistic treatments that act both directly and indirectly on the causes of his patients' pathologies.

This profoundly global and systemic vision of treatments has proven its effectiveness and has made the Clinique Lémama a place of revitalization that has been acclaimed by thousands of patients from Switzerland and abroad for almost 70 years.

YOUR IMMUNE SYSTEM

A COMPLEX INTERCONNECTED BALANCE

Explanations of the Chief Physician at the Health Center Clinique Lémana

Your immune system is what protects you from external aggressions such as viruses, bacteria, or fungi.

Although the role of leukocytes, monocytes and phagocytes in the immune response is well known, their stimulation remains under research and conventional medicine sometimes lacks the means to prevent rather than cure.

This is because the immune system is inherently complex and requires the intervention of many organs and biological systems that are interconnected.

For example, the immune system is linked to your nervous system. Dysfunctions in either one can cause problems in your immune system without directly involving your immune system.

Thus, one of the first factors negatively affecting your immune system is well known and unfortunately very common in our time: stress.

WHAT IS STRESS?

Stress is a natural response to external stimuli that is necessary for human survival in a dangerous situation. But chronic exposure to stress has very harmful consequences on your body.

Stress will directly affect your hormonal system, which in turn will have a negative influence on your immune response.

In this example, the immune system is not necessarily defective, nor is the hormonal system, but an emotional factor, namely stress, that needs to be treated.

It is this deeply holistic approach that distinguishes our clinic. The goal of our treatments is rarely to treat a single symptom, but to rebalance the body through multidisciplinary care that treats the systems involved at the source. Our goal is to achieve what is called homeostasis: natural balance at the cellular level.

Since each organism is unique, our care is personalized according to the problems and specificities of each one. Before each treatment, a complete health check-up is performed. Its results allow our Chief Physician to direct you to a care program that will be able to stimulate the organs or systems your body needs to strengthen its immune response.



REVITALIZATION AND ANTI-AGING THERAPIES

- REVITALIZATION AND ANTI-AGING TREATMENT
- DETOX TREATMENT
- ENERGY BALANCE BY BIO-RESONANCE
- Z100 ANTI-AGING THERAPY
- EPIGENETIC ASSESSMENT
- CRYO AURICULOTHERAPY
- THERAPEUTIC MESSAGES

REVITALIZATION TREATMENT

Our Revitalization and Anti-Aging Treatment consists of intramuscular injections of tissue organ extracts.

These substances are diluted and energized like other homeopathic remedies.



Our revitalization treatment helps towards:

- Strengthening the immune system
- Regaining vitality
- Preventing burn-out
- Decreasing stress
- Enhancing an anti-aging effect

THE DETOX TREATMENT

The detox treatment is very regularly associated with our revitalization programs because it allows us to prolong their beneficial effects.

By eliminating toxins from your body, you reduce the effects of oxidative stress caused by the accumulation of pollution, smoking, alcohol, or heavy metals. Your body can thus release energy for its vital functions: hepatic, digestive, renal and, of course, immune.



Thus, a detox treatment allows by extension to improve various symptoms such as:

- General tiredness
- Premature aging of the skin
- Lack of enthusiasm
- Depressive states
- Headaches
- Insomnia



ENERGY BALANCE BY BIO-RESONANCE

This technology makes it possible to measure in an extremely fine and precise manner, organ by organ and system by system, the physiological state of the individual.

By focusing on the causes of your energy imbalances, bio-resonance meta-therapies allow you to directly and indirectly treat the causes that affect your immune system.

Painless and non-invasive, this method allows to reinforce your energy balance and to act on many pathologies:

- Digestive system
- Respiratory system
- Urogenital System
- Endocrine system
- Cardiovascular system
- Lymphatic system
- Nervous system

The general and detailed functioning of bio-resonance is part of a deeply systemic approach.

Z100 ANTI-AGING THERAPY

**Unique in Europe...a new anti-aging process
for the body with « Metatron-Z100 »**



This is a new, absolutely painless and non-invasive technology. « Metatron-Z100 » is a process using acupuncture points via magnetic inductors that will not only restore cellular balance but also increase immunity and efficiency at work, regulate blood pressure and internal organ function.

But above all, the main advantage of this method is that it slows down the ageing process. In combination with 'anti-ageing' bio-resonance, Z100 therapy is a form of 'alternative medicine' approved by the health authorities in Switzerland.

EPIGENETIC ASSESSMENT

Based on the science of epigenetics, this is an innovative analysis that allows the implementation of personalized preventive actions, adapted to the sensitivity of each person.



It allows to reduce premature aging through a better lifestyle for healthy longevity.

It consists of a blood test to measure the biological age of the human body with an epigenetic assessment of lifestyle on DNA: consumption of tobacco, alcohol, fruits and vegetables and physical activity.

In just a few days, this revolutionary test provides personalized results while ensuring data security and anonymization. This epigenetic assessment, which can be repeated, allows long-term monitoring to track the effects of lifestyle.



CRYO AURICULOTHERAPY

Cryo auriculotherapy is an innovative acupuncture that is new in Switzerland.

This therapy consists of stimulating your nervous system at the level of the auricular pavilion. This part of the human body acts as a dashboard for your organs and allows you to see the disturbed points and act accordingly.

By influencing many areas of your system, auriculotherapy helps your body to achieve homeostasis and rebalance itself naturally.

Cryo auriculotherapy is effective on the following pathologies:

- Physical pain: lumbago, sciatica, arthrosis, neuralgia
- Consequences of stress: discomfort, anxiety
- Sleep Disorders
- Disorders of the digestive and urinary systems
- Hormonal dysfunctions: menopause
- Autoimmune diseases: Hashimoto, rheumatoid arthritis
- Skin diseases: psoriasis
- Addiction treatment



THERAPEUTIC MESSAGES

Massages are particularly indicated in diseases related to stress and physical pain.

Each massage acts on specific pathologies. Massages have the power to act on many parts of the body: muscles, skin, blood circulation, digestion, kidney functions and many others.

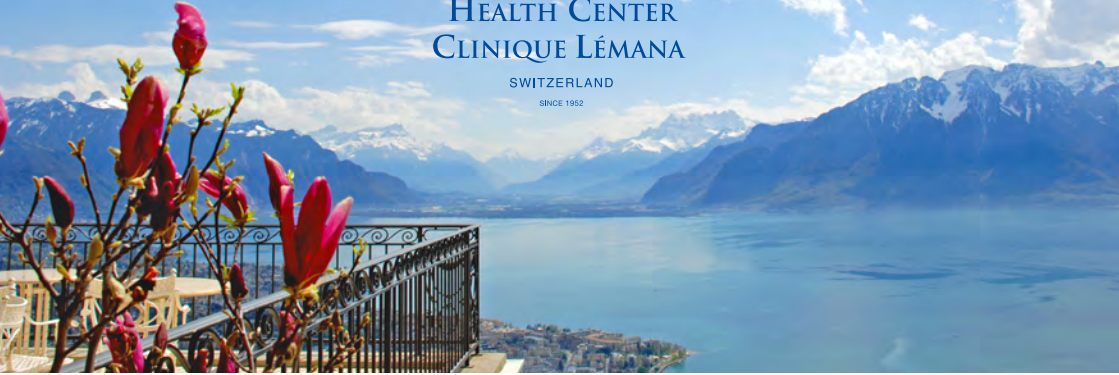
Massages are particularly indicated in diseases related to stress and physical pain. The head doctor prescribes the therapeutic massage that is best suited to lead you to recovery:

- The “Kobido” for a stimulation of the cutaneous and lymphatic micro-circulation that plumps up your face.
- The “Chi Nei Tsang” to rebalance your visceral structures and thus reduce your stress, strengthen your immune system, and detoxify your organism.
- Foot reflexology to relieve nervous tension, anxiety and ailments that affect your immune system.



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As the world emerges from two years of pandemic, many people have become aware of the importance of prevention.

More than ever, a healthy body and mind are important natural barriers to cope with aggression, whether seasonal or more episodic. Our health is our most precious asset. The care and treatments provided at Clinique Lémana have always allowed us to improve your internal functioning in a holistic manner by focusing on the organs that keep your body functioning at its full capacity.

From the beginnings of Health Center Clinique Lémana until today, our motto inherited from Dr. med. Alfred Pfister has remained unchanged:

**« WE AIM LESS TO ADD YEARS TO YOUR LIFE
BUT OF ADDING QUALITY TO YOUR YEARS »**

Dr Med. Alfred Pfister

So, if you too would like to add quality of life to your years, through a natural environment, absolute serenity and refinement, do not hesitate to contact us.

**ARE YOU INTERESTED IN OUR REVITALIZATION PROGRAMS?
LET'S SHARE YOUR NEEDS TOGETHER
FOR A PERSONALIZED RESPONSE TO YOUR EXPECTATIONS.**

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