



HEALTH CENTER CLINIQUE LÉMANA

SWITZERLAND



NUTRITIONAL & HOLISTIC THERAPY GUIDE

www.lemana.com

Committed to anti-aging medicine for several decades, Health Center Clinique Lémana is introducing a new concept in its revitalization programs with nutritional medicine.

ALL YOU NEED TO KNOW ABOUT NUTRITIONAL THERAPY

Micronutrition: an often missing link between diet and disease

Nutrition is not the only cause of known diseases. A balanced diet will go a long way in preventing and fighting diseases.

Nutritional medicine, and more specifically micronutrition, is a global approach that helps to maintain and restore health.



Micronutrition is based on the links between food and health by seeking to correct the physiological imbalances that precede disease. This natural approach will optimise the functions of cellular tissues and organs through the action of quality nutrients. It is particularly recommended for functional disorders.

Complementary to classical medicine, it consists in satisfying the micro-nutritional needs of each individual through a healthy and diversified diet, with a personalised supplementation, if necessary.

Both **preventive** and **curative**, the overall care provided by the Clinic's nutritionist is personalised with dietary advice, with recommendations on adapted physical exercise, elimination of tobacco and stress management.

A nutritional assessment carried out by the doctor-nutritionist will make it possible to detect dietary imbalances and micronutrient deficiencies: trace elements, vitamins, fatty acids, etc.

An adapted solution will then be proposed, taking into account the negative environment that can influence the state of health: chronic stress, lack of physical activity, sleep disorders, eating disorders, etc.

Conventional medical examinations may be offered when diagnosing a medical condition.





HOW OUR MICRO-NUTRITIONAL PROGRAM WORKS

The treatment takes place on an outpatient basis and is primarily aimed at optimising the existing functions of your cell tissues and organs.

The aim of micronutrition is to prevent our food from becoming our worst enemy and making us fall sick.

Your body is full of resources. They are just waiting for a boost from you to activate them and that's exactly how our micronutrition treatments work.

Depending on the results of your health check-up, which you will receive on the day of the consultation with the micro-nutritionist doctor at Clinique Lémana, we will be able to identify the sources of micronutrient imbalances that are the cause of your ailments, and then provide you with the best way to treat them.



KEY CONCEPTS OF MICRONUTRITION CARE



Every organism is unique

A person is a collection of cells that interact with each other in very specific ways.

Some are more sensitive to a specific type of micronutrient while others may be less receptive to them.

Micronutrition care is therefore personalised. The complete anamnesis carried out by the micronutritionist doctor will enable the right nutrient formula to be found for your body.

General health status will guide treatment

A healthy diet is one of the keys to "ageing well" over time and in good health.

But micronutrition can also treat existing symptoms, or even be combined with traditional medicine when treating certain pathologies.

Knowing your general state of health is therefore crucial for personalised management of your micronutrition needs and care.

The individual's environment is a determining factor

The indoor and outdoor environment has a definite influence on our health. It can be the catalyst for our ailments as well as one of the keys to relieving them.

Thus, an adapted micronutrition treatment takes into account the patient's environment so that the treatment is at the same time bearable, effective and durable.



IN WHICH CASES IS MICRONUTRITION INDICATED?

This functional medicine can treat many ailments caused by an unbalanced diet that disrupts the normal functioning of your body.



It is generally indicated and can act in the following cases:

- Digestive function disorders
- Prevention of cardiovascular diseases and metabolic syndrome
- The fight against ageing and degenerative diseases
- Optimisation of sports performance and recovery,
- Prevention and support for overweight the treatment
- Optimising brain function in cognitive and mood disorders, etc...



But micronutrition is not limited to people in poor health. Even in good health, at any age, micronutrition can improve the quality of life:

- Restore energy, reduce fatigue, better manage stress
- Maintain intellectual functions
- Promote a better sleep and a good morale
- Allow us to feel in full vitality
- Preserve our vital organs
- Maintain muscle mass and good balance
- Act on the external signs of ageing
- Optimise sports performance and recovery
- Preserve a fulfilling sex life, hence improve libido



Micronutrition treatments are therefore recommended for almost everyone.





WHAT OTHER NUTRITIONAL PROGRAMS ARE AVAILABLE?

Organised on an outpatient basis only, our micronutrition program is supervised by our micronutritionist doctor, accompanied by our care team.

Our other nutritional cures are supervised by a multidisciplinary team of nutritionists, detoxicologists, hydrotherapists, sound therapists and certified massage therapists.

These three other complementary nutritional programs require more extensive supervision and take place over several days at the Clinique Léman, in a most luxurious accommodation at the Mirador Resort & Spa hotel located on the heights of Mont-Pèlerin in the middle of the Lavaux vineyards.



NUTRITIONAL CURES AT CLINIQUE LÉMANA

for a global fitness of body and mind in a medical structure

- 3-day "Wellness Detox" cure
- 4-day "Nutri-Detox Plus" cure
- Medical support for "therapeutic water fasting" 6 to 9 days
- Holistic therapies combined with nutritional cures"

« Wellness Detox » cure



The 3-day "Detox Well-being" cure allows you to eliminate toxins and change your eating habits for a global well-being of body and mind with gentle physical activities.

The body reacts to the accumulation of toxins in several ways:

- General fatigue - lack of energy
- Insomnia - migraines
- Depression
- Stress - anxiety
- Premature ageing of the skin - fragile and dull hair...

This program allows you to regain vitality.



« Nutri-detox Plus » cure

The "Nutri-Detox Plus" cure is a 4-day detoxifying program that goes deeper into the analysis of environmental poisoning (heavy metals, pesticides, endocrine disruptors, toxic food, etc).

Recommended after a "Wellness Detox" stay at the Clinic, this personalised program combines nutrition, detoxicology and helps to regain control of one's health with a thorough toxicological assessment and the introduction of an adapted dietary change.



NUTRITIONAL CURES AT CLINIQUE LÉMANA

« Therapeutic water fasting » cure

Medicalised therapeutic fasting, as practised by Clinique Lémana, is a water fast that allows for the daily intake of juices, herbal teas, scented water and broths.

The Water Fast cure is proposed over 6 days with, as an option, an accompaniment to the return to food over 3 days.

Therapeutic fasting is an ancestral practice that allows the body to rest from digestion while boosting the cells by providing them with all the necessary nutrients for optimal functionality.



Water fasting is a wonderful natural way to maintain, regain or improve health. The mechanism is multifactorial and allows:

- In-depth detoxification and resting of the body
- Cleaning and purification of the digestive system
- The prevention of chronic fatigue, hypertension, overweight, allergies, cardiovascular diseases...
- Strengthening the immune system
- Autophagy and cell regeneration
- Stress relief and improved sleep quality
- Stabilization of the emotional state
- Anti-inflammatory effect and relief of some chronic pain
- Anti-ageing effect with skin rejuvenation and hair and nail strengthening
- Sustainable weight loss if fasting is followed by a better lifestyle
- Vitality of the body and clearer thinking

In compliance with a rigorous care protocol, each of these cures are subject to a "nutritional - functional and food questionnaire" to be returned before the stay and involves very complete laboratory analyses, which must be carried out over period of three weeks prio to your stay.





OUR NUTRITIONAL CURES ARE ACCOMPANIED BY HOLISTIC THERAPIES

Holistic treatments complete your nutritional cures for a global harmonization of body and mind and thus reach a state of deep relaxation with the follow-up of our doctors, naturopaths, nutritionists and our numerous approved therapists.

Sound therapy (or sound massage)

This sound therapy uses a range of Tibetan singing bowls, crystal singing bowls and other instruments with relaxing therapeutic effects.

This sound immersion induces a state of deep relaxation and complete letting go, with beneficial effects on nervous system disorders such as anxiety, insomnia, stress and physical tension.

Ayurveda

Ayurvedic Abhyanga massage: a synchronised massage of the body following the movements of the bloodstream. The scientific reason for this practice is to increase blood circulation, nourish the extremities of the body as well as facilitate the work of the heart.

Ayurvedic Chavatti-Thirumal massage (foot massage)

Foot pressure massage relaxes the deep muscles. Walking with the feet helps in clearing the deep waste matter from the body. A therapy that attempts to maintain health by also stimulating the parasympathetic nervous system and relaxing the mind while increasing the "natural healing power".





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

More than ever, a healthy body and mind are important natural barriers to cope with aggressions, whether seasonal or more episodic. Our health is our most precious asset. The care and treatments provided at Clinique Lémana have always been designed to improve your internal body's function in a holistic manner.

Since its foundation in 1952, Health Center Clinique Lémana has continued to live up to the motto inherited from Dr. med. Alfred Pfister:

"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 nutritional programs?
Let's share your needs together for a personalised response to
your expectations.**

CONTACT OUR TEAM

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