CALDA CLINIC SWITZERLAND

CALDA full program

The unique CALDA concept

The success-proven CALDA concept guarantee customised precision medicine and an individual 1:1 premium care.

The core of the concept is the advanced and deepened diagnostic system and the development of personal, creative treatment strategies, which revert to all proven recipes taken from integrative medicine.

WE WORK WITHOUT PSYCHOTROPIC DRUGS WHENEVER POSSIBLE.

WE TREAT THE CAUSES, NOT THE SYMPTOMS.

INSTEAD PILLS WE GIVE OUR TIME AND EXPERTISE.

OUR CLIENTS ARE SELF-PAYERS, WHICH IS THE BASIS TO ENABLING ABSOLUTE DISCRETION AND PRIVACY.

Diagnostics

Internistic assessment

Directly after the client's arrival, the internal check-up with ECG abdomen sonography, bicycle ergometry which takes 1 day, is performed in our private partner clinics Bethanien or Swiss Prevention Clinic.

Mental health assessment

Including:

- Psychostatus
- Personal history
- Social history
- Dependencies
- Mental family history

Orthomolecular assessment

Including:

Extended chemical-clinical testing

Nutrigenetic testing

Metabolites

Stress profile

Heart Rate Variability

Treatment

As a team we develop harmoniously aligned holistic treatment concepts, which are adapted continuously.

A personal coach is living with the client 24/7. The therapeutical program includes 6 to 8 hours/day, 7 days per week.

Psychiatry and Psychotherapy

- Psychoeducation
- Intense psychotherapy (CBT, EMDR, trance work)
- Self-management
- Stress-management
- Ressource-activation

Orthomolecular medicine

- Aminoacids, minerals, vitamines from day one
- Personal lifestyle coaching
- Personal nutrition coaching
- The CALDA micronutrition mixture for 6 months

Alternative and Complementary Medicine

In addition to conventional medicine there are a number of traditional medical and therapeutic fields. As proponents of integrative medicine we extended our spectrum of measures by proven and successful recipes. The treatment elements that are most effective with respect to psychological problems are the following:

- Acupressure, acupuncture
- Breath-, singing- and voice therapy
- Movement therapy
- Chrono-therapy
- Alpha-Stimulation
- Art and creativity therapy
- Manual therapies
- Meditation and Mindfulness
- Neurofeedback
- Horse-assisted psychotherapy
- Phytotherapy
- Yoga

Accomodation

The Gold Coast Residence:

- 250m2
- WLAN, flat screen TV
- Parquet
- Marble bathrooms
- Marble kitchen
- Masterbedroom 90m2
- Panoramic lake view
- Terraces
- Patio with pond
- Fireplaces

With premium full service: butler, chef, limousine service

Cost

CHF 80.000 per week all inclusive