

Whole body examination  
for individualized prevention and therapy planning



*Swiss Excellence*

# Alpstein PREMIUM Check-up™



**ALPSTEINCLINIC**

GAIS / SWITZERLAND



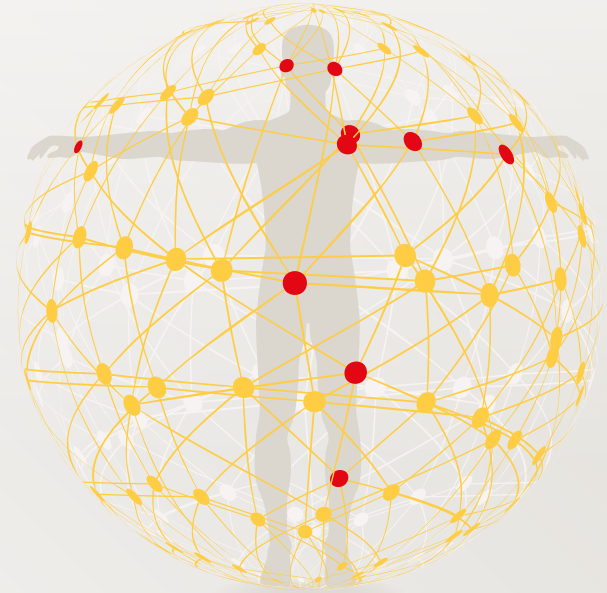
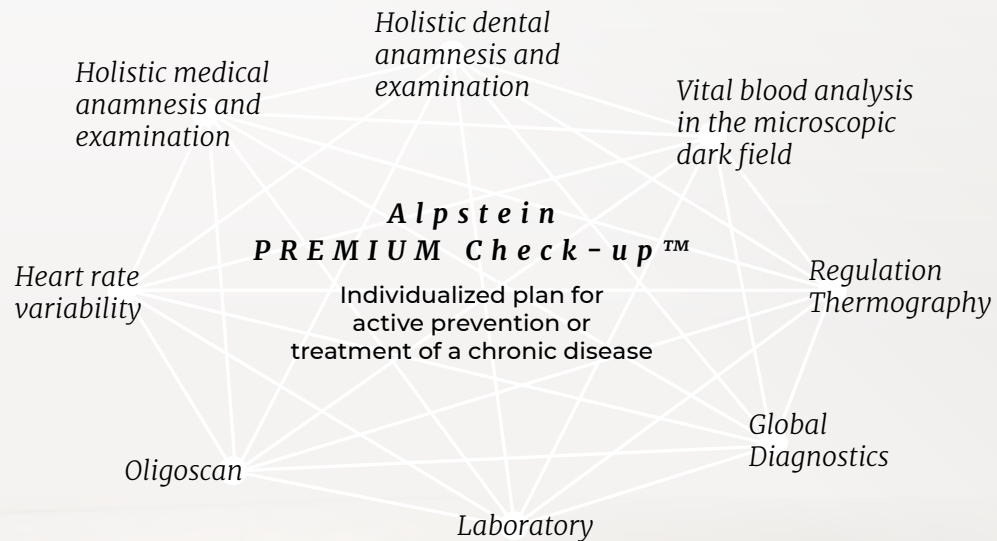
*Much more than a classic check-up ...*

## Whole body examination for individualized prevention and therapy planning

The Alpstein PREMIUM check-up includes all relevant risk factors, which are known to cause chronic diseases and cancer. The Alpstein PREMIUM check-up does not only focus on laboratory. The whole-body check detects also functional parameters, aspects from environmental medicine and the holistic dentistry. All used methods are evidence-based and objective – therefore they are source and not symptom oriented. These diagnostic procedures are for anyone at any age. The following information will give you an overview about the components and further background about this check-up.



## Based on an integral matrix concept

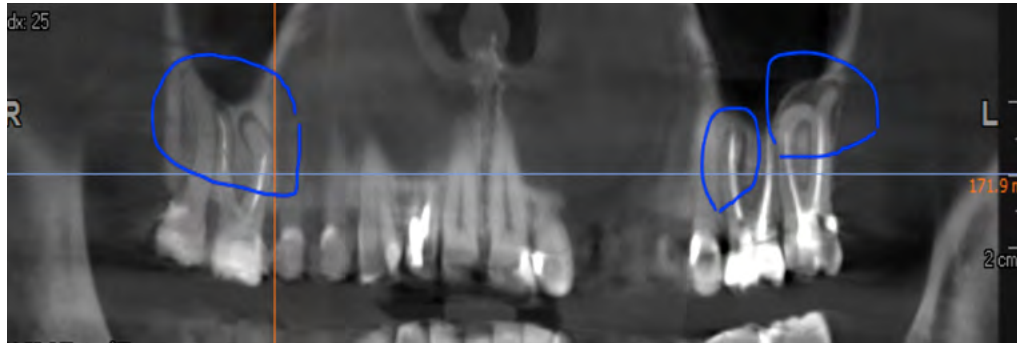


## Holistic medical anamnesis and examination

Our doctors will assess your actual health status by studying your medical history in detail, followed by a full body examination. We specifically focus on discussing causative factors for diseases, factors of lifestyle and environment, condition of internal health and psychological strain.

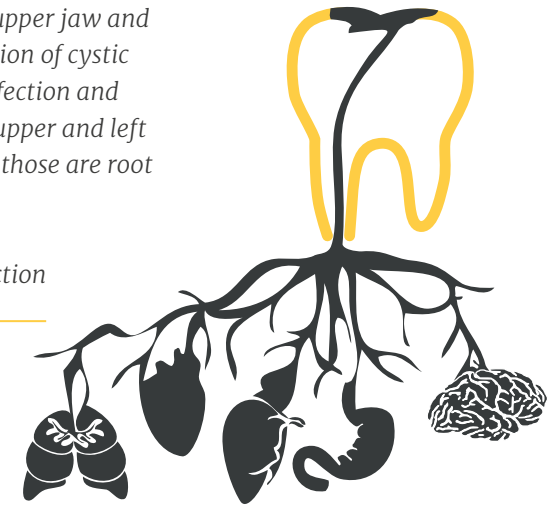






**Left:** CBCT analysis of the upper jaw and tooth roots: Clear presentation of cystic lesions (accumulation of infection and bad bacterias) at the right upper and left upper molars, even though those are root canal treated.

**Right:** Mouth-body connection



## Holistic dental anamnesis and examination

From an Integrative, biological medicine point of view, a thorough dental anamnesis and full examination is of outmost importance to find possible interference fields, foci of infections as well as inflammatory processes in the dental area affecting your general health on a systemic level.

Based on your dental, periodontal, radiological and craniomandibular symptoms and results, we will provide you with a personalised treatment modality after a thorough dental examination according to your specific needs. Finally, you will be presented with a sensible and clear overview/analysis, allowing you to see any connections between your general health symptoms arising from dental concerns and consequently allowing harmonization with your whole-body. According to your wishes, we apply gentle, patient oriented, minimal invasive metal free dental solutions for your teeth and for an optimal health.

### RANGE OF DENTAL DIAGNOSTICS

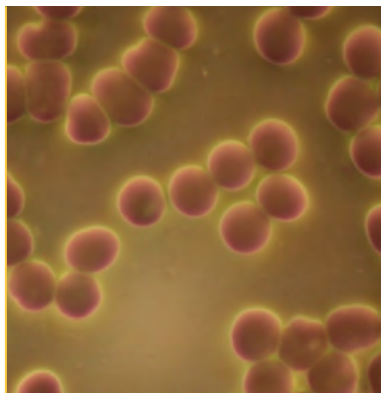
*Evidence-based laboratory tests on all common dental materials and inflammatory foci located in the jaw area:*

- Dental, periodontal, radiological and muscular diagnostics
- Lymphocyte transformation test (LTT) towards all known dental materials and if required in addition Effector Cell Typing
- Titanium intolerance
- Lab diagnostics for periodontal diseases
- Sensitization to thioether and mercaptans specific to root canal treated teeth
- Dental Thermography
- Global Diagnostics for dental purposes

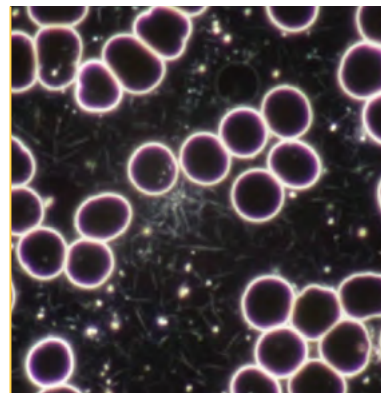


## Vital blood analysis in the microscopic dark field

The method represents a supplementary hematological diagnostic procedure, which enables the quality of blood cells and surrounding plasma via a special exposure technique. This allows an impressive blood milieu assessment, provides information about the activity of defense cells and the presence of metabolic and toxic loads. Through the presence of the patient, the phenomena are explained live and promote the understanding of one's own „vital fluid“.



*Left: Blood sample in a light microscope*

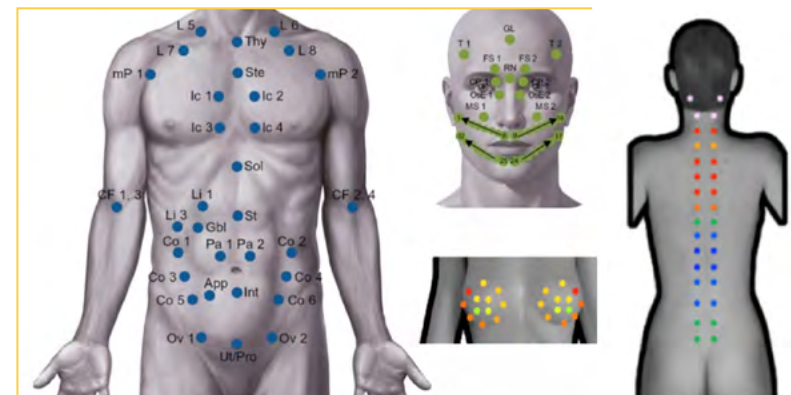


*Right: Same blood sample in the dark field microscope with much more detail*

## Regulation Thermography

Regulation thermography (RTG) determines the skin temperature at defined measuring points of the body by means of a highly sensitive probe. There is a double measurement, namely before and after cooling.

This provokes the body to heat regulation. From these reactions, important clues can be obtained both on disorders in the measurement area as well as on the reaction of the whole organism. RTG provides indications of unrecognized causes, especially in chronic conditions. It has gained particular importance in breast cancer prevention and follow-up care.



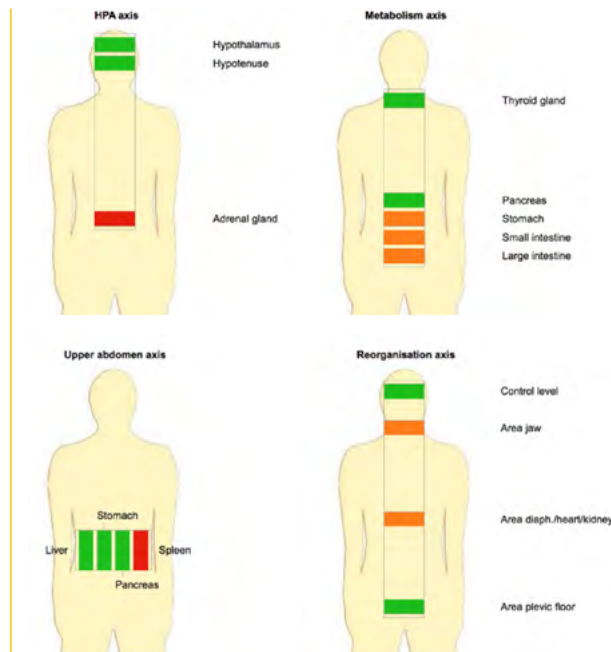
*Selection of measuring points in regulation thermography*



## Global Diagnostics

The Global Diagnostics is a whole-body measurement of the human vital field. Thousands of tiny electrical impulses are sent to the body during the measurement. The response of the body to these pulses is recorded in their intensity and rhythmic changes, evaluated and displayed on the computer. With the evaluation we receive important information about the energetic state of the body.

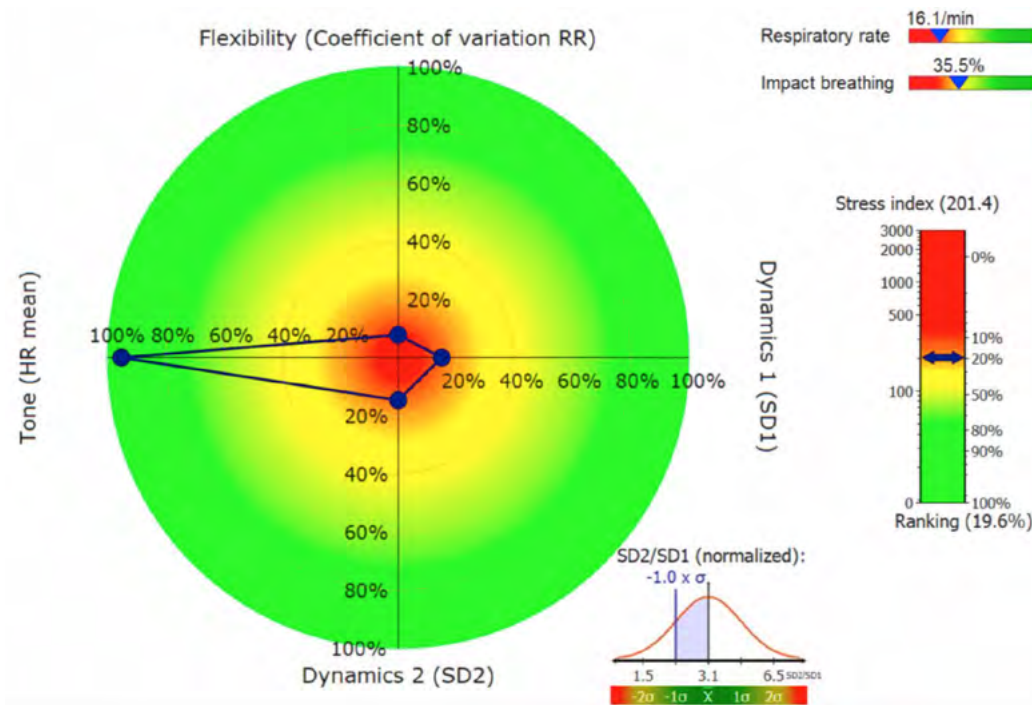
Example of an overview measurement using Global Diagnostics (VitaTec, CH)



## Laboratory

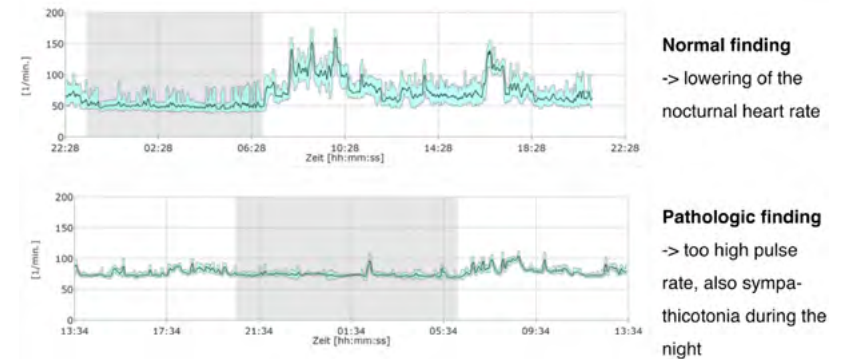
Part of our mission statement is "anything that can be measured, we should measure". Following this fundamental idea, we recommend to measure all important health risk factors, which are evidence-based. In detail, we analyse the following parameters:

- *Blood gas analysis: to evaluate the acid-base balance*
- *Hematology: quantitative counting of all blood components*
- *Classic organ parameters: enzymes from kidney, liver, pancreas*
- *Clinical chemistry: electrolyte, protein amount, cardiovascular risk factors, homocysteine, kryptopyrrols*
- *Vital substances: all important Vitamins, minerals and trace elements*
- *Fat parameters: cholesterol and subgroups, fatty acid profile*
- *Tumor markers: depending on the gender*
- *Environmental toxins: toxic metals by using the DMPS mobilization test, organic toxins and endocrine disrupters*
- *Genotyping detox enzymes phase one and two*
- *Food and intestinal parameters: microbiome analysis, food allergy test using 90 important components, histamine intolerance test*
- *Serology of pathogens: neuro- and lympho-topic viruses, bacteria and parasites*
- *Hormones: thyroid, adrenal and sex hormones*



Left: Example of short HRV test showing reduced variability and adaptability

Below: Examples of 24-hour HRV testing



**Normal finding**  
-> lowering of the nocturnal heart rate

**Pathologic finding**  
-> too high pulse rate, also sympatheticotonia during the night

## Heart rate variability

A single ECG method is analysing the time interval from two heart beats which depends from the vegetative management of the body. The method is well known in sports medicine to control the effectiveness of training methods and to estimate the function of heart and cardio-circulatory system. We differ between the short measurement over five minutes and the 24-hour long-term measurement (see examples shown above).

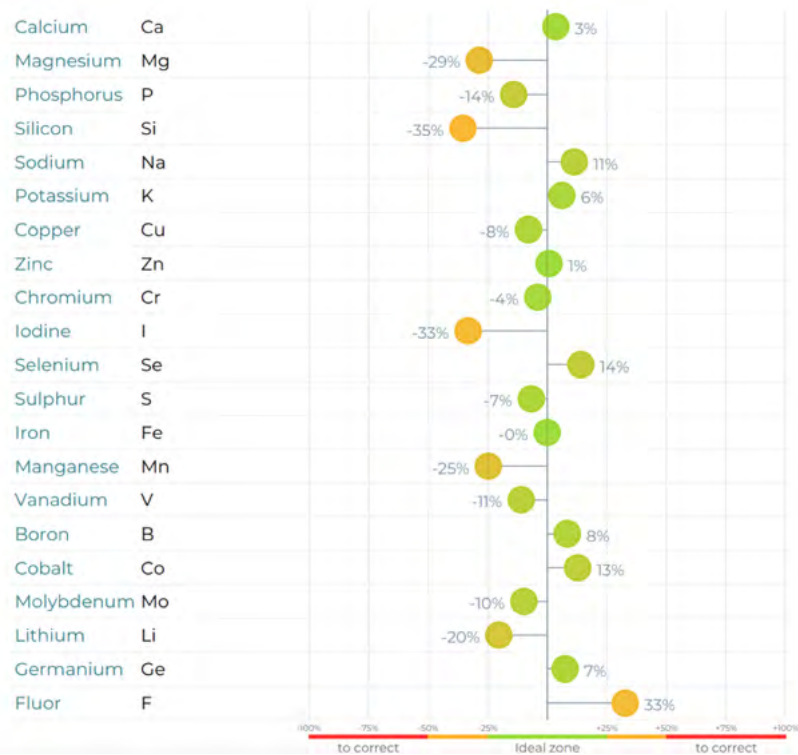


# Oligoscan

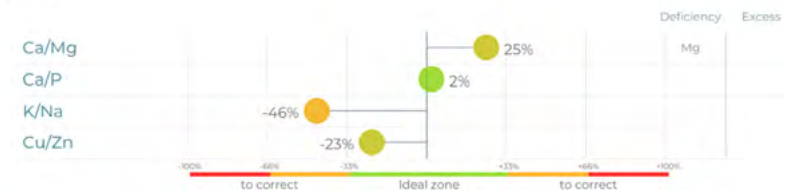
In this element analysis, we use a laser beam on the palm in order to get an overview about all relevant mineral, trace elements and metallic toxins. The result depends on sex, age, body mass index and blood group.

Example of a Oligoscan

## MINERAL TEST REPORT



## RATIOS



## HEAVY METAL TEST REPORT







## Test results evaluation and arrangement of treatment plan for active prevention of chronic disease

Some results are available within one day, others need up to three weeks to be available from the laboratory. All measured parameters will be explained in detail. Through the summary of your diagnostics, the Alpstein PREMIUM check-up provides profound information about cause and effect of your physical fitness, providing deliberate health through joy and life.

The assessment allows to create a clearly structured and individualized home supply schedule for the next months. In case of chronic diseases, rehabilitation after operations or other invasive interventions the Alpstein PREMIUM check-up provides a basis to create an individual treatment plan.

1. Oral Medication		How		Remarks / Objective	
Remedy / Substance					
Dovisan D5 caps					
Ulin S D4 caps					
Supplementation					
Microcare Susan's power					
Dr. Jacobs base tablets					
Drainage / Detox					
Pekana Renelix					
Pekana Apo-Hepat					
Pekana Toxex					
Eiche Zeolith power					
Organ- / intestinal					
See separate up-program					
Phytocortical drops					
Immunotherapy					
LaboLife 2LEBV					
Labo					
Cent					
Myl					
Gie					
2. Infusions ((1) and (2) are together and (3) and (4) belong together)		How		Remarks / Objective	
Remedy / Substance					
(1) DMPS short infusion, alternate to (3) and (4)					
(2) Alpstein detox infusion, alternate to (3) and (4)					
(3) Curcuma 6 ml, alternate in (1) and (2)					
3. Injections with Organopeptides (cell extracts) ((1) and (2) are together and (3) and (4) belong together)		How		Remarks / Objective	
Kind of organopeptide					
(1) Gland supraren 20 (adrenal gland), alternate to (3) and (4)					
(2) NexThymun 29 (Thymus), alternate to (3) and (4)					
(3) Lion Spleen 8 (spleen), alternate to (1) and (2)					
(4) Follikel corp lut 17 (ovary), alternate to (1) and (2)					

Example of an individualized home supply schedule



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implantology, Integrative biological  
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dentistry, Bite rehabilitation*



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### LOCATION AND ARRIVAL:



### PATIENTS FROM MORE THAN 40 COUNTRIES:

