

# Integrative medicine with vision

*Health center for Integrative Biological Medicine,  
Dentistry, Desire for children and psychopedagogy*





*There is healing in the air*

## Welcome to Gais, Switzerland – the perfect place for retreat, regeneration, and health

Gais is perfectly situated right in the center of the Appenzell region's idyllic lake and Alpine landscape, known by original purity, tranquility, and breath taking views. It is here in 1748 the whey cure was first applied, and became popular for decades after. People from around the world who were seeking healing from chronic infections came to Gais, drank fresh whey from the Alpine farmers every day and enjoyed fresh Alpine air. This unique place, surrounded by the Alpstein mountains and the Arlberg, a part of

the Austrian Alps, is located on a plateau with an elevation of nearly 1,000 meters. Even if the whey cure is no longer as important as it once was, Gais still welcomes several thousands of tourists each year who are looking to relax, regenerate, and renew their strength. Alpstein Clinic, established in 2018, is enabling these curative activities once again, offering Swiss high-level holistic medicine.



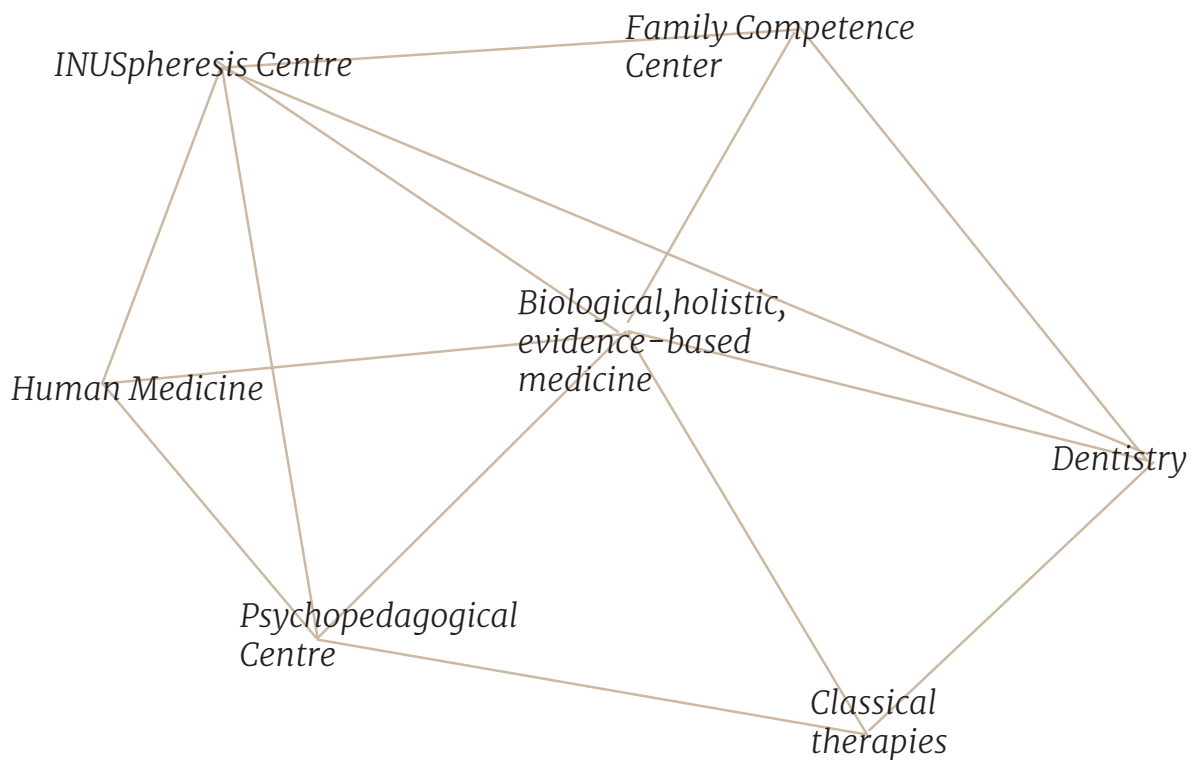


*The symbiosis is the success*

## Therapy focus

As doctors and dentists originally trained in orthodox medicine, we have acquired knowledge from various alternative forms of therapy over the years. Our greatest strength is the successful combination of the various disciplines of complementary medicine, such as homeopathy and acupuncture.

Through the interaction of the individual disciplines, we achieve results that would otherwise never have been possible. Our experienced team supports you in all health-related questions and works out the most suitable treatment together with you.



Overview of our therapies:

### **Humanmedizin**

- INUSpheresis
- Infusion
- Hyperthermia/ active fever therapy
- Neural Therapy
- Ozone Therapy
- Autohemotherapy with platelet-rich plasma
- Naturopathic Medicines

- Detoxification Therapy
- Energetic Medicine and Psycho-Harmonization
- Massages/ Physical Therapies

### **Zahnmedizin**

- Holistic Dentistry
- Dental Hygiene



*What you can expect from us*

## Our therapy concept

We look at the person as a whole and bring together a variety of complementary medical diagnostic and therapeutic methods, regardless of whether the treatment is relatively simple or the patient suffers from profound chronic symptoms. Dentistry also plays an important role in the treatment of physical disorders. Through energy channels in our body, the so-called meridians, the teeth are connected to the body's organs. Therefore, the causes of physical complaints can often be found in the teeth.

For us, holistic medicine means that we not only look at the body, but also involve your living environment, together with you. Environmental burdens, mental pressure or stress can increase symptoms. If environmental burdens are reduced, or even eliminated, this has a positive effect on the healing success. As a rule, we use a four-stage approach in our clinic.

## The entire person in the center of focus

- 1 Cause Analysis**  
further diagnostic measures such as blood, stool, saliva and urine examinations
- 2 Release & Relief**  
It focuses on a balanced internal environment of the body with tools such as detoxification of the organs
- 3 Regeneration & Biostimulation**  
The stimulation and vitalization of all organs and physical structures is important to us
- 4 Harmonization & Awareness**  
The fourth stage focuses on bringing the levels of body, mind and soul back into harmony. Full health is only possible in the long term if we value and accept ourselves





*Highly innovative blood-plasma purification to  
boost immunity and self-healing powers*

## Therapeutic INUSpheresis

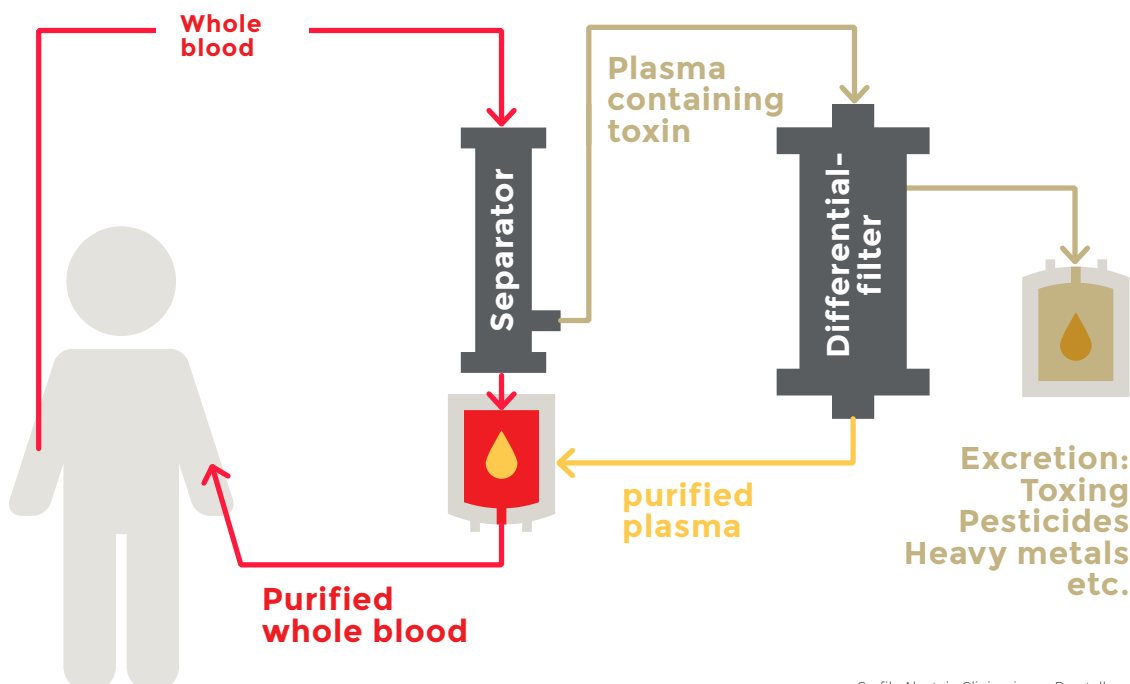
Humans these days are exposed to all kinds of toxic loads that get into the body through food and groundwater (pesticides), air pollution (heavy metals), and even medical treatments (ingredients). Depending on their genetic makeup, some people are better than others at eliminating these toxins, which accumulate over a lifetime.

Though many official authorities do not consider this matter a top priority, our analyses regularly show high levels of toxic loading. It is with good reason that these “external noxae” are labeled as such, for they impede or harm a number of important functional systems in living beings.

### Benefits of INUSpheresis®- Treatment:

- ✓ Elimination of disease-fostering substances and environmental toxins from the blood
- ✓ Preservation of fundamental proteins, electrolytes, and antibodies
- ✓ Gentle and low risk of side effects
- ✓ May be performed as a day procedure, approx. 2 hours
- ✓ May be integrated into holistic medicine

### How INUSpheresis® works at the Alpstein Clinic





*Expertise with long-time experience and vision*

## Our most important patient information at a look



Brochure  
**Therapeutic  
INUSphere®**



Brochure  
**VIP Programm**



Brochure  
**Premium Check-Up**

### ALPSTEIN CLINIC

Health Center for Integrative Biological Medicine and Dentistry

#### DOCTOR CONTACT:

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Tel: +41 71 791 81 00 | [info@alpstein-clinic.ch](mailto:info@alpstein-clinic.ch)

ALSO HAVE A LOOK AT OUR WEBSITE  
[WWW.ALPSTEIN-CLINIC.CH](http://WWW.ALPSTEIN-CLINIC.CH)

#### TELEPHONE HOURS

Monday/ Wednesday / Thursday  
08:00 am - 05:00 pm

Tuesday  
08:00 am - 06:00 pm

Friday  
08:00 am - 04:00 pm

#### OPENING HOURS

Monday/ Wednesday  
08:00 am - 06:00 pm

Tuesday  
08:00 am - 07:00 pm

Thursday  
08:30 am - 06:00 pm

Friday  
08:00 am - 05:00 pm

#### LOCATION AND ARRIVAL:



#### PATIENTS FROM OVER 40 COUNTRIES:

