

List of treatments and therapies

"Swiss/Phytotherapy® - Mességué® - Phytoline®"



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1 PLANT AND CABBAGE CATAPLASMS ON THE LIVER AND KIDNEYS

In Swiss/Phytotherapy® - Mességué® - Phytoline® centres, a special cataplasm prepared with plant and cabbage extracts, our most effective treatment, is applied to the liver and kidneys in the evenings after meals. The formulation is near miraculous such is its effectiveness in boosting liver function, the organ that purifies the blood.

In just a few days, the liver and kidneys are cleansed. The benefits are felt in all areas of the body and last several months. With this tried-and-tested treatment, we can see a marked improvement in patients' overall condition.

2 HAND AND FOOT BATHING WITH PLANT EXTRACTS

The second treatment in order of importance in Swiss/Phytotherapy® - Mességué® - Phytoline® programmes is bathing the hands and feet twice daily in a plant maceration heated to 40°C, which boosts the blood circulation.

The properties of the plants in the maceration enter the bloodstream through the skin of the hands and feet. This method makes it possible to use much more powerful plants as the active ingredients do not pass through the digestive system, as with herbal teas for example.

In addition, the palms of the hands and soles of the feet are where we find the biggest concentration of nerve endings in the body. Bathing the hands and feet, therefore, also benefits the nervous system. And in stabilizing and strengthening the nervous system, we rejuvenate the whole body.

3 DR CLARK'S MAGNESIUM SULPHATE CLEANSE

At the start of their stay, patients are prescribed Dr Clark's famous Epsom salts cleanse (magnesium sulphate and black walnut tincture). This involves thorough drainage of the intestine and detoxification of the liver.

The treatment has three aims:

- Thoroughly cleanse the liver, kidneys, intestines and lungs.
- Eliminate toxins, purines and toxic substances, all manner of pesticides and the heavy metals that are stored in the fat cells of the brain and are responsible for Alzheimer's and Parkinson's disease.
- Remove ammoniac from the body using a specific amino acid.

To supplement this cleanse of the intestines, which can become clogged with toxic substances, each patient undergoes one or more colon cleanses.

4 COLON CLEANSE

Colon hydrotherapy (or colonic irrigation) is a technique used to cleanse the colon deep down. The aim of colon hydrotherapy is essentially to remove waste from the intestine and restore good gut function, which is an essential part of Swiss/Phytotherapy® - Mességué® - Phytoline® programmes.

This highly effective treatment optimizes the thorough cleansing of the liver and intestines. Using specific equipment, a nurse gently flushes the intestines with purified salt water. It takes approximately one hour, is not unpleasant and really purifies the intestines.

When used in tandem with the Epsom salts cleanse, the colon cleanse delivers exceptional results.

5 LYMPHATIC DRAINAGE (PRESSURE THERAPY)

Lymphatic drainage is a massage technique that works to stimulate the circulation of lymph, a translucent bodily fluid that plays an important role in the immune system.

With blood, lymph is the second main fluid system in the body and sometimes needs to be stimulated. The lymphatic system is controlled by a hundred lymph nodes, which can be described as filters or traps. Toxins can cause the lymph nodes to become enlarged and swollen, which slow or

block the flow of lymph. When the lymphatic system is impaired, the body becomes weak and toxic, which can lead to a variety of medical conditions. Given the importance of detoxifying the body in Swiss/Phytotherapy® - Mességué® - Phytoline® treatment programmes, lymphatic massages can be given to patients daily if necessary.

6 BATHING IN PLANT EXTRACTS

These baths are not only relaxing and enjoyable, but also effective health and beauty treatments. The plant macerations used to prepare the baths are highly specific. They have been specially designed for the treatments given in our Swiss/Phytotherapy® - Mességué® - Phytoline® centres.

The mix of plants is tailored to each patient on the recommendation of the doctor or naturopath. There are various types of baths:

- Relaxing baths
- Revitalizing baths
- "Slimming" baths
- Baths to boost blood circulation
- Baths to relieve rheumatism

To supplement these macerations, plant extracts and essential oils are used to prepare the baths. To be protected from oxidation, the active ingredients of the plants are enclosed in mini-capsules that open in hot water. This ultramodern method of encapsulating plant extracts protects the active ingredients and boosts the effectiveness of the baths.

The "mini-spheres" of concentrated plant active ingredients are magnetic and attach to the skin during the bath. When they get out, instead of drying themselves, patients can crush the mini-capsules onto their skin and so prolong the beneficial effect of the bath. This releases the active ingredients, which will penetrate the skin and act for another hour.



7 DR KUHNE'S SITZ BATHS

Dr Kuhne found that by lowering the temperature of the lower stomach, we can significantly improve the elimination of toxins because cold water drains toxic substances to the elimination organs. He also found that by regularly massaging the lower stomach, we can obtain a marked improvement in digestion and prevent the accumulation of acidity due to poor digestion, which is the cause of numerous medical conditions.

These cool baths and massages release energy, synchronize digestion with respiration, and so harmonize the nervous, cardiovascular and lymphatic systems.

This treatment, which is a little uncomfortable, can be replaced by "Tibetan monk" massages (described below).

8 INHALING PLANT ESSENCES

Throughout their stay, patients have unlimited access to a specific room used for inhaling essential oils. For this purpose, patients are given a special nozzle when they arrive, which they attach to a device and keep with them at all times so that they can inhale the vapours of beneficial essential oils whenever they wish.

With these essential oil inhalations, patients strengthen their pulmonary regeneration, which cleanses the blood and revitalizes the immune defences.

9 OXYGEN THERAPY

Most people receive insufficient oxygen and yet oxygen is essential for the health of our cells. A fully oxygenated body is better able to fight disease and ageing.

The amount of oxygen in the air we breathe has fallen in recent years. It now contains 78% nitrogen and only 21% oxygen, which is not enough for the body.

According to Prof. Van Ardenne, who developed oxygen therapy, there is a direct correlation between lack of oxygen and ageing. Therefore he has developed a treatment that uses highly sophisticated apparatus to reduce the amount of nitrogen in the air and boost the percentage of oxygen. When they exercise (walking on a treadmill or cycling), patients naturally breathe in this filtered and purified oxygen.

This innovative treatment, which is more beneficial than a winter sports holiday in the mountains, markedly improves lung and blood capacity through better vasodilatation (increasing the diameter of the blood vessels). It is also effective in anti-ageing.

10 TIBETAN MONK STOMACH MESSAGES

Our lower stomach is the centre of our digestive system and home to our "second brain". Our intestine contains 100,000 neurons that are directly linked to the neurons in our main brain.

In Swiss/Phytotherapy® - Mességué® - Phytoline® programmes, maintaining this part of the body is so important that patients are given a thirty-minute Tibetan monk massage daily, which is the ideal treatment for restoring body and mind. These massages aid elimination, boost energy levels and stimulate brain function. They are said to be the most powerful in the world.

11 PEDI-LUVE AND MANI-LUVE BATHS

Many people experience difficulties with their venous system, particularly in the legs. In fact, one in three of us suffer from venous insufficiency. This is why patients receive a treatment involving alternating jets of hot and cold water to the feet and forearms for eight minutes a day.

During this treatment, a device sprays all four limbs with cold water for twenty seconds, followed by hot water for a further twenty seconds. Lasting a total of ten minutes each day, these baths boost the blood circulation as well as the nervous system.



12 THALATHERM OR PENTHERMAL

The thalatherm (or penthermal) is a large device, similar to a sun bed. Patients lie down inside: their head remains cool outside whilst their body receives blasts of air to invigorate the skin and heat to remove toxins. Finally, use of the inbuilt shower ensures that patients leave feeling refreshed and invigorated. This relaxing treatment takes twenty minutes.

13 RHASSOUL MUD WRAPS

Rhassoul (or ghassoul) is a type of clay that has been used in the Middle East since ancient times. It is sourced from underground seams alongside the Middle Atlas, the only known deposits in the world, in south Morocco. The clay is volcanic in origin and rich in magnesium and silica. When it is extracted from the seams, the rhassoul is washed with water to remove impurities and then left to dry naturally in the sun, which may increase its magnetic charge.

When mixed with water, rhassoul forms a paste that has cleansing and purifying properties without damaging the hair or skin.

An effective beauty treatment, it is applied to the hair and scalp, giving exceptional shine and condition. It is also used in cataplasms across the body (stomach, waist, saddlebags, thighs, calves and ankles).

14 GENERAL MESSAGES: BACK, SPINE AND KIDNEYS

Relaxing or invigorating body massages are widely known to improve wellbeing. They are given in our centres with plant-based products or beneficial oils. They provide an opportunity to relax and perfectly complement all the other treatments that are provided during Swiss/Phytotherapy® - Mességué® - Phytoline® programmes.

15 OSTEOTHERAPY AND PHYSIOTHERAPY

Osteotherapy is a form of manual medicine that targets functional disorders. It does not just look at the symptoms or medical condition, but considers the patient as a whole.

Osteopaths diagnose and treat patients by massaging the joints, spine and nervous system.

Physiotherapy is an area of health prevention that focuses particularly on the neurological, muscular and cardiorespiratory systems. To treat patients, physiotherapy uses manual therapy, heat, cryotherapy, electrotherapy, ultrasound, laser and hydrotherapy. Physiotherapists work to improve patients' mobility and, by extension, physical fitness.

