



Boost your energy in your mind and in your body

The Kusunacht Practice has announced a new post-COVID-19 Health and Immunity Booster programme designed to restore health and prevent coronavirus reinfection.

The ground-breaking treatment by renowned experts in respiratory therapy strengthens the lungs and improves breathing using revolutionary new techniques. These work alongside a comprehensive Biomolecular Restoration (Bio-R®) Programme which, through cutting edge methods, restores health and energy on a cellular level.

Clients receive a personally-tailored micronutrient supplement based on specific in-depth laboratory testings, which improves immunity, general health and vitality, while lowering stress levels and controlling weight. The residential programme- in a private villa on the shores of Lake Zürich- is masterminded by the treatment centre's Bio-R® team. It is a holistic unique and completely personalised diet, lifestyle and health treatment plan which helps patients avoid consequential damage from viruses.

Physical strengthening through personal training and cardio work coupled with complementary therapies such as yoga, body balancing, reflexology, acupuncture, massage and mindfulness are also employed as part of the 360-degree body and mind restoration.

During the treatment at the Swiss treatment centre- a global leader in the treatment of complex disorders- clients receive:

- A comprehensive medical examination and assessment with extensive focus on the heart and cardiovascular system, lung and respiratory metabolism and further vital body functions.
- Daily sessions with experts in respiratory therapy using the latest techniques in breathing exercises plus regular meetings with the practice's top lung specialists.
- A Bio-R® diet and tailored micronutrient programme to strengthen the immune system and general wellbeing, restoring and maintaining a healthy respiratory tract, crucial to prevent potential re-infection of COVID-19 or any other virus and bacteria.
- Tailored personal training supporting physical strengthening and allowing better breathing alongside an outdoor, adapted light cardio training plan, complementing respiratory therapies.

As part of the programme, in-depth, state-of-the-art tests will be undertaken to check body composition, cholesterol and fat metabolism, signs of diabetes, mineral and vitamin status, iron deficiency, thyroid health, lung function, sleep patterns, blood pressure measurements, abdomen and kidney health through ultrasound, urine and prostate through screening, metabolic stress levels and detect early stage signs of reduced vitality, exhaustion and reduced regeneration. In-depth analysis of the client's heart will help the design of programmes to regulate stress, relaxation and sleep. Diet and weight management are features of the programme too with clients assigned their own Bio-R® Chef who will prepare a unique and personalised Bio-R® food plan to support efficient weight loss and boost the immune system.



The Kusunacht Practice is located on the shores of Lake Zurich and offers a holistic, 360 degree mind, body and soul rebalancing and restoration. Its state-of-the-art facility combines Swiss standards of excellence and cutting edge, innovative technology with world-renowned medical expertise. Each patient is treated uniquely and privately in their own five-star residence and provided with the highest standards of professionalism, care and confidentiality.

www.kusunachtpractice.com

The Kusunacht Practice