



INFORMATION



Sonnenberg

— Biomedical Health Hotel —

by Dr. Rau



SONNENBERG BIOMEDICAL HEALTH HOTEL

Holistic approach comprising treating, nourishing and recovering.

Medical practices

Finding and treating causes

Biological therapy according to Dr. Rau is based on the power of nature. It directs your healing and life processes by fighting what is really making you ill.

Restaurant

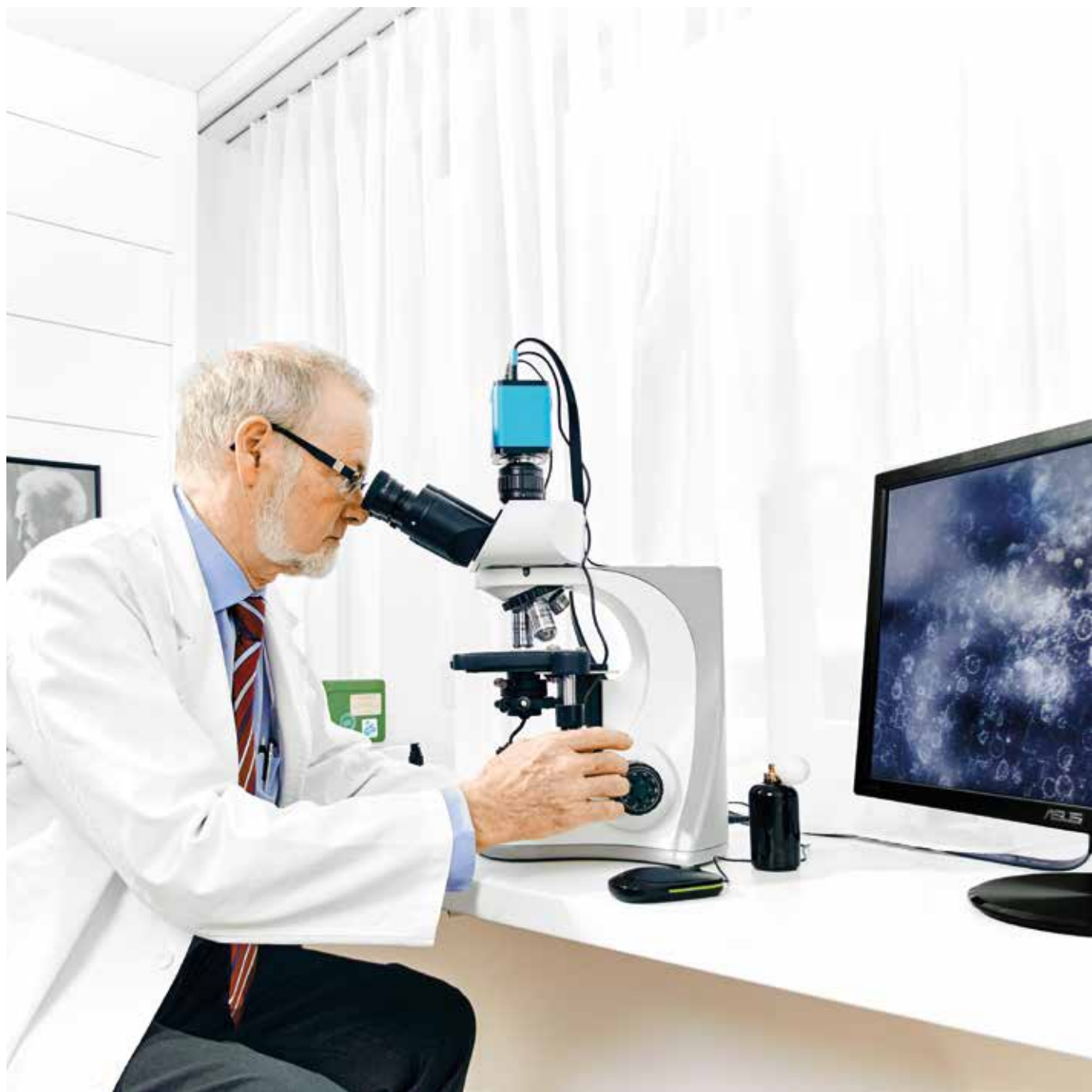
*with the right nutrition to
promote a healthy body*

The power of food has an enormous influence on health. In our restaurant, your body gets all the health-giving substances it needs to be healthy and fit under its own steam.

Hotel

reach your goal in peace

The key to healing lies in tranquillity. Allow yourself enough time in our little oasis of relaxation to focus on your healing process and regeneration.



BIOLOGICAL MEDICINE

Treat, nourish, recover.

All treatments strictly follow the „three-pillar model“ of biological medicine developed by Dr. Rau. With this approach, the causes can be addressed in over 90 % of all cases of illness and a massive improvement in chronic health problems can be achieved within weeks to months.

Dr. Rau's Biological Medicine is an approach of body-friendly medicine that has been developed over a period of more than 30 years and follows the metabolic mechanisms of the body. The almost exclusively natural remedies and physical methods are applied intensively and always multimodularly. With this approach, especially chronic and „unclear“ diseases can be treated, as well as cancer and auto-immune conditions.

The treatments can be done on an out-patient basis, but they are particularly effective when intensive and in-patient treatment can be given initially.

The treatment is always a „Root cause treatment“. Dr. Rau has developed this medicine over many years, has integrated very many methods and has successfully treated thousands of people.





TREATMENT

TREAT

Our therapy offer

To support the success of your treatment, our therapy team will help you with a therapy plan specially tailored to you. They will also support you with their expertise in the case of tension, congestion and blockages of all kinds.

The primary goal of all therapies is to treat the root causes of the complaints and thus ensure holistic treatment. The treatment goals are individually tailored to you and continuously reviewed and adjusted by our therapists in consultation with our doctors.

To ensure your long-term treatment success and to build on your progress, our therapists will provide you with special exercises and tips that you can use independently at home - although our team is always available to answer any questions you may have.

The following methods, among others, are part of our medical and therapeutic therapies and applications:

Neural therapy
Dark field microscopy
Infusion therapy
Nutritional medicine
Neurovegetative Injection Therapy
PRGF-Therapy

Whole-body and local hyperthermia
Colon hydrotherapy
Ozone and chelation therapy
Magnetic field therapy
Manual therapies
Ion-induction therapy



LEADING TEAM OF DOCTORS

Our experts

Prof. Dr. med. Thomas Rau

Physician & main initiator of
the Sonnenberg Biomedical
Health Hotel

Dr. Rau focused on natural therapies early on, especially homeopathy and dietary changes. The healing success of his patients proved him right.

With his wealth of knowledge and experience from over 30 years, Dr. Rau formed his own holistic theory of healing: Dr. Rau's Biological Medicine. It is based on the principle of detoxification, nutrition, digestion and sustained strengthening of the immune system.

Alexandra Kotthaus

Specialist in general medicine,
Psychiatry & Psychotherapy

As Alexandra Kotthaus made her way through various fields of classical medicine, she developed her aspiration to help the body to help itself.

Her concept breaks away from the symptom level and treats the origin. In this way, Alexandra Kotthaus supports her patients in regaining access to their own tools of self-healing and using them sustainably.

Rolandas Janušas M.D.

Specialist in orthopaedic
surgery and traumatology of
the musculoskeletal system

During Dr. Rolandas Janušas practise as Orthopedic and Spine Surgeon he noticed that general medicine often fails comparing to regenerative medicine.

“Taking drugs and undergoing surgeries sometimes can do more damage than really help you. So why stick to the old-fashioned treatment methods when you can explore and find more of natural healing ways” - he claims.





NOURISH &
RECOVER

RESTAURANT & HOTEL

Indulge without hesitation

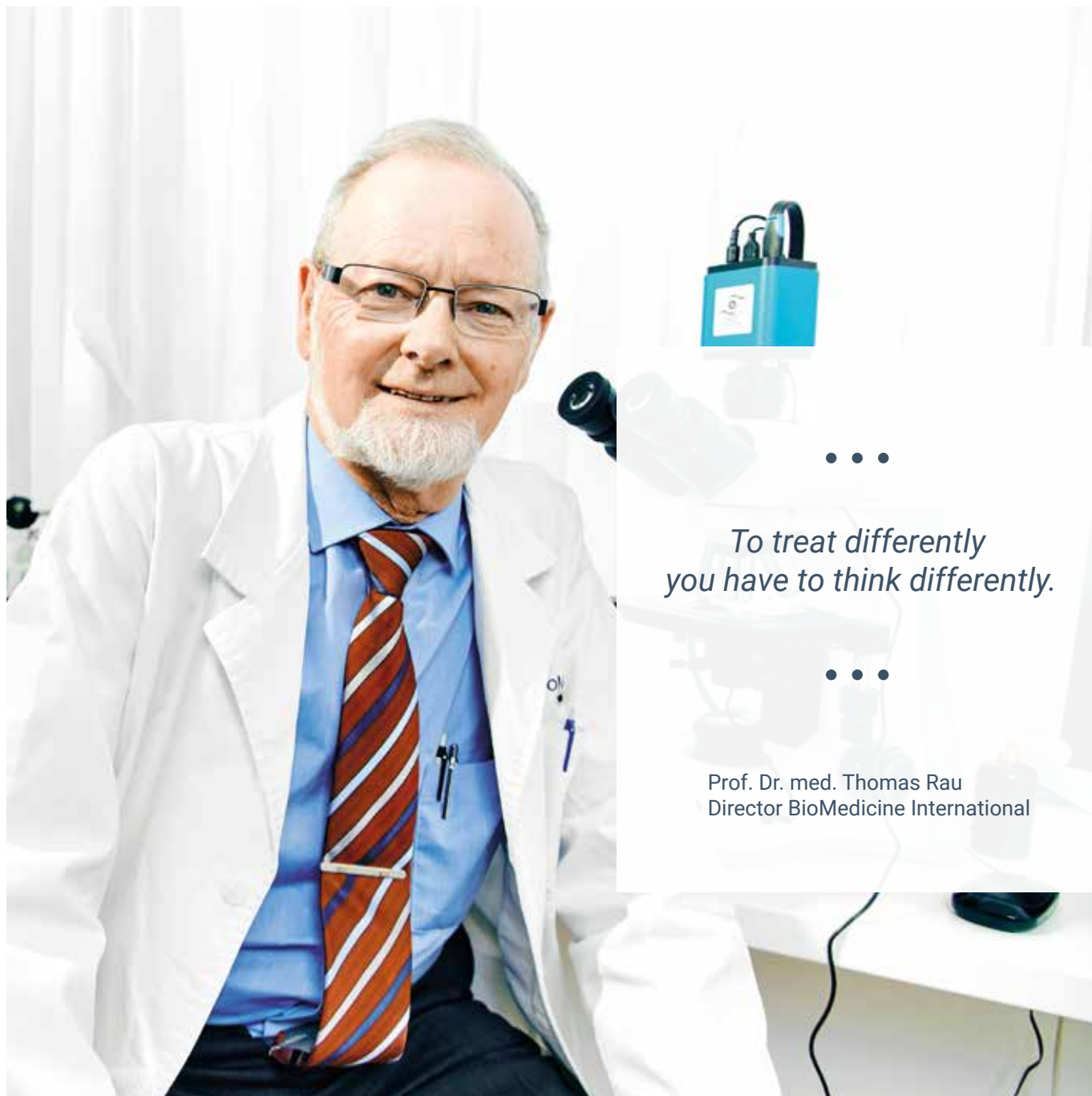
Sonnenberg. A place where you can focus on your holistic well-being.

In addition to the medical area with numerous therapies and our team of doctors, you will find a cozy boutique hotel with 16 rooms to relax and a restaurant with a beautiful terrace. Enjoy the magnificent view of the Alpstein, over the peak of the Säntis and the green hills of the Appenzell region from your balcony.

Traditional stylish Swiss coziness merges with modern innovative cuisine.

Our plant-based dishes use only the finest organic ingredients, without any additives, gluten, sugar, corn or GMO. With our homemade bread, fruit and vegetable creations and freshly squeezed juices from the appetizing breakfast buffet, you will easily start an energetic day. Experience at noon the pure palate pleasure of our rich, varied lunch buffet and let yourself be spoiled in the evening by our surprising, creative 4-course menu - lovingly prepared by our kitchen team.

Simply unhesitating enjoyment.



*To treat differently
you have to think differently.*

Prof. Dr. med. Thomas Rau
Director BioMedicine International



EDUCATE

BIOMEDICINE INTERNATIONAL

Understanding and learning biological medicine

To learn Biological Medicine in its entirety, one must adopt a completely different way of thinking that focuses on „regulation“, „information“ and the underlying belief that all diseases have their purpose. In this light, symptoms are never diseases, but signs of the body's regulation.

Under the BioMedicine International umbrella, seminars and programmes are offered for continuing education.

In recent years, Prof. Dr. Thomas Rau has developed a simple strategy to change patients' health for the better, based on the three main pillars of the treatment approach used in Dr. Rau's Biological Medicine. He wants to pass on this knowledge and has built up a seminar system during his career.

The further education programmes are aimed at doctors and alternative practitioners who are interested in the holistic and biological approaches.

The specialised seminars are offered in German and English.

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KONTAKT

*Gesundheit & Lebensqualität auf
972 m.ü.M in Schwellbrunn,
mit atemberaubendem Blick
über die Berge.*

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CONTACT

*Health & quality of life at
972 m (3189 ft) above sea level
in Schwellbrunn, with breathtaking
views over the mountains.*

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