



INFORMATION



RANGE OF THERAPIES

Sonnenberg

— Biomedical Health —

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OVERVIEW

Therapeutic applications 3

Manual therapy	5
Lymphatic drainage	7
Reflex therapies	9
Cupping	11
Traditional Chinese Medicine	13
Local hyperthermia therapy INDIBA®	15
Ayurveda Massage	17
Poultices	19
Colon Hydrotherapy	21
Pulsating magnetic field therapy	23
PAPIMI®	25
Nasal therapy	27
Intermittent hypoxic-hyperoxic training	29

Medical applications 31

Ozone therapy	32
Neural therapy	34
Dark-field microscopy	37
Hyperthermia	38
Platelet Rich Plasma (PRP) treatment	41
Interventional pain therapy	43



THERAPEUTIC APPLICATIONS

Treat root causes rather than symptoms

We have developed specially targeted therapies for our patients. These can help with various forms of tensions, build-ups and blockages.

The overriding goal of all therapies is to ascertain the root causes of the problems and to ensure a holistic treatment. The treatment goals are tailored to the individual needs. Our doctors check them continuously and modify them when necessary.

The close cooperation between our team of therapists and doctors enables the combination of various disciplines to ensure an optimal treatment.

To achieve a long lasting result, the therapists provide instructions or tips for special exercises to be carried out at home.



MANUAL THERAPY

Pain relief by focused use of hands

During the manual massage therapy, various techniques such as kneading, stroking and mobilization are combined with the aim to loosen and relax the muscles and fasciae of the body.

Through the relaxation process, endorphins and other 'happy hormones' are released and the level of stress hormones is reduced.

The manual therapy achieves an increased blood flow through the tissues and promotes the excretion of pollutants and waste products.

Additionally, the increased blood flow results in improved oxygen and nutrient levels in the tissues, which helps the regeneration and renewal of cells.



LYMPHATIC DRAINAGE

Stimulate the cleaning system of the body

The vessels of the lymphatic system transport approximately two liters per day of interstitial fluid. This fluid, usually referred to as lymphatic fluid, carries away waste products, dead cells and proteinaceous waste, which are excreted from the body.

The lymphatic drainage is a very gentle and relaxing technique, which supports the natural process and when there is a build-up of water in the tissues this technique promotes its drainage.

The Sonnenberg Biomedical Health Center uses the detoxification effect of this technique to support the health cures aimed at detoxification and elimination of unwanted substances.



REFLEX THERAPIES

Foot reflexology massage

This therapy treats various zones of the foot using special pressure and stroking techniques. The zones are connected with the whole body such that we can influence, in a targeted manner, various regions and functions of the body. All organs, the hormonal and lymphatic system as well as the whole musculo-skeletal system are stimulated and harmonized. The self-healing powers of the body are activated.

The foot reflexology massage is concluded either with a footbath or a hot poultice so that you can continue to feel its positive effects and the success of the treatment is heightened.

Connective tissue massage

This massage is a reflex zone massage. It involves the manual stimulation of the fasciae and this treats the underlying structures.

The stimulation of the skin is conducted through the nerve structures and is transmitted directly to the inner organs so that the organs are regulated. The process also seeks to harmonize the vegetative nervous system.



CUPPING

Stimulation and relaxation

Cupping belongs to the oldest therapeutic methods that we know. It is a procedure used around the world, only with different specific tools used. The effects of this therapy can be divided into two categories:

General reaction

- Stimulation of blood flow, metabolism and lymph circulation
- Detoxification of the body
- Regulation of the energy pathways

Local reaction

- Stimulation of the organ reflex zones in the skin
- Strengthening and detoxification of the connective tissues
- Relaxation of tight and painful muscles

This technique uses special glass vessels (cups) that are placed on the skin with vacuum. This vacuum leads to the channeling of the “old” blood towards the surface tissues and afterwards it is guided out through the lymphatic system. The blood flow is stimulated and the tone of the muscles is reduced. The cupping often leaves behind significant redness of the skin or even bruising. These may remain visible for up to circa one week after completion of the therapy.



TRADITIONAL CHINESE MEDICINE

Balancing body, spirit and soul

Traditional Chinese Medicine, also known as TCM, is a complete medical system to explain the root causes of diseases.

All parts of the body, organs and organ systems are connected to each other via energy pathways. The goal of the treatment is to harmonize and balance these energies in the body.

In TCM, various methods are combined such that body, spirit and soul function as one and imbalances are removed.

Acupuncture

This technique is one of the most important treatment methods in Traditional Chinese Medicine. Specific points on the body are stimulated by pricking with very thin needles. The aim of the acupuncture is to harmonize the flow of energy and by this process to positively influence the ailments.



INDIBA®

Local hyperthermia therapy

INDIBA® is a local deep warming therapy, also called hyperthermia therapy. The doctor prescribes the areas to be treated. An active electrode is applied to the area and a passive receiving electrode is placed on the opposite side of the body. Every cell in the activated tissues has a resistance to the electric flow and this leads to a quick increase in their temperature. The result is a local deep warming, also referred to as a local fever.

The Sonnenberg Biomedical Health Center also applies this therapy to the treatment of tumors. Tumor cells are sensitive to heat. When they are exposed to a “fever” over a longer time, these tumor cells may be destroyed.

Other chronic or degenerative illnesses can also be positively affected as the warmth has a positive influence on the metabolic processes. The tissues are regenerated, pain is reduced and the defense system activated.

This treatment is not suitable for patients fitted with a pacemaker and also not for pregnant patients. The applicator of this energy source must not be used directly over any implant.



AYURVEDA MASSAGE

Gentle, warm and restorative

Ayurveda massage is part of the Ayurvedic medicine, which has its roots in India. The warm oils, mixed with various substances, deliver a deep regeneration, relaxation and tissue detoxification. The treatment stimulates cell rejuvenation and strengthens the immune and nervous systems.

There are various massage techniques, which can be used depending on the medical indication. We offer the classic Abhyanga massage, which is a thorough anointing of the body with oil. It was described in the ancient writings for its use in keeping healthy and for specific medical applications.

The therapist allows the preheated oil (sesame or coconut oil with additional plant extracts) to flow over his/her hand onto the skin of the patient. The body including head/face absorbs the herbal substances. The therapist massages the oil into the body using dynamic long strokes and appropriate pressure.



POULTICES

Stimulate, accelerate or calm the disease processes

The knowledge associated with poultices stems from olden times. In the last decades, due to the development of modern medicine, the technique has become ever more pushed to the edge (marginalized).

The Sonnenberg Biomedical Health Center, however, appreciates this knowledge and uses the method of poultices to reduce pain, muscular tension, inflammations and also for detoxification.

To achieve the aimed effect, the poultices contain additives such as plant extracts or essential oils. Then they are packed into cloths, laid on the skin and the ingredients are slowly absorbed.

The aim of each poultice is to achieve relief and well-being, on one side to reduce pains and other symptoms of disease, on the other side to support the body in its healing process.



COLON HYDROTHERAPY

For a healthy intestinal flora

The colon hydrotherapy is comparable to an enema, but with greater intensity as the treatment involves the whole of the large intestinal tract. During the treatment the patient lies relaxed on the bed. The treatment process is supported by an abdominal massage.

The colon hydrotherapy effectively removes accumulated stagnated stool and rotted material from the walls of the intestines. The functional surface of the intestines is considerably increased and its detoxification capability improved. Through this stimulation the intestines begin to work harder again and the intestinal activity is improved. In this way the colon hydrotherapy has an effect on the stool regulation which goes far beyond the treatment per se.

Following the colon hydrotherapy treatment, preparations of bacteria are given. This leads additionally to the rebuilding and strengthening of the intestinal flora which positively influences the digestive processes.



PULSATING MAGNETIC FIELD THERAPY

Improve the energy metabolism

In this therapy, large area, low frequency, pulsating magnetic fields are used for therapeutic purposes. As the molecules in our body carry charge, the organism is bio-energetically influenced by the applied frequency and intensity. The ions in the cells are brought into regular motion by the pulsating magnetic field that is flowing through the body. This leads to a transport of information, nutrients, vital substances and the final products of metabolism.

The pulsating magnetic field results in a widening of vessels, which improves oxygen flow to the cells. The polarization of the cell membranes leads to an improvement in the energy metabolism of the whole organism.

This treatment is not suitable for patients fitted with a pacemaker or with an insulin pump and not for pregnant patients. It is important to avoid bringing watches, hearing aids, electronic equipment or credit cards near the magnetic field to prevent them being destroyed.



PAPIMI®

Stimulate the cell regeneration

The PAPIMI® Therapy is an electro therapy in which high frequency alternating currents influence the body to strengthen weakened cells. Only healthy cells can absorb nutrients and produce energy from them. PAPIMI® works on the basis of electromagnetic bioenergy and triggers a biological synthesis. The cellular molecules of the body are energized and stabilized in order to maintain or reestablish the original oscillations.

The body receives short magnetic impulses via a treatment applicator. The metabolism of the cells is normalized in a very short time. The cell regeneration enables the natural in- and outflow of vital substances and unhealthy cells can recover.

An examination by a doctor will indicate which areas of the body require treatment. The duration of the treatments can vary between 10 and 30 minutes, depending on the acute or chronic nature of the medical conditions. This treatment is not suitable for patients fitted with a pacemaker or with an insulin pump and not for pregnant patients.



NASAL THERAPY

Cleaning and detoxification

The nasal therapy is a well-established stimulatory method to affect the regulation processes described below. The ideas behind this therapy came from the naturopath Ferronato and have been further developed over the last 20-25 years.

The goal of the therapy is on one side cleaning and detoxification, on the other side and above all the local and reflectoric increase of the blood flow. This is achieved by flushing the paranasal sinuses several times.

Paranasal sinuses are often an interference field. The nasal therapy is part of a good intestinal treatment and supports the immune system.

The contents of the ampoules used for flushing support the stimulation and are reabsorbed where they have a systemic effect.



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IHHT (INTERMITTENT HYPOXIC-HYPEROXIC TRAINING)

This therapy not only improves the overall performance but also corrects disrupted metabolic processes (activation of energy metabolism) and strengthens the immune system. Additionally, detoxification and de-acidification processes are initiated. It involves breathing in hypoxic (low oxygen) and hyperoxic (high oxygen) air at intermittent intervals.

In detail, the innovative IHHT training delivers the following benefits for you:

- Improved blood flow through the organs and muscles and development of new (red) blood cells with intake of higher oxygen levels and heightened transport capacity for the various organs and muscles
- More cellular energy by increasing the metabolic activity
- Improved protection from oxidative stress
- Higher vessel elasticity and improved regulation of blood pressure
- Longer mental concentration, increased resilience, more inner strength and vitality, better condition and stamina
- Better tolerance against stress, reduced nervousness
- Balanced mood as serotonin and dopamine are stimulated in the body
- Activation of the fat metabolism
- Anti-aging effect



MEDICAL APPLICATIONS

Multi-modular biological treatment to enable optimal treatment of root causes

The medical team at the Sonnenberg clinic is specialized for difficult but also “unclear” illnesses. However, we also treat simple health problems using the same treatment concept that treats the root causes and, using multiple therapeutic procedures, restores the proper functioning of the organs.

We choose the combination and application of various medical and therapeutic treatments very individually.

We do not treat diagnoses, but rather people and compile the therapies extremely individually depending on the specific root causes. We strive, via the synergies of various procedures from various disciplines, to improve optimally our patients' health. The interlocking of the various treatment procedures is the key; just as pain and health deficits have several, very different causes, physical as well as psychological.

The basis is always the identification of the root causes of the illness, for which we apply the most holistic and modern methods. We treat root causes and not simply symptoms.

OZONE THERAPY

Activated oxygen to support the healing process

A metabolic disorder, toxic load and hyperacidity of the body often lead to a weak immune system, tiredness and promote a sensitivity to develop illnesses. This can lead to a poor blood flow in the tissues and local oxygen deficiency.

In this therapy activated oxygen is used which can be applied intravenously, as auto-haemo-therapy, or locally applied. Blood is taken from a vein and enriched with ozone gas. The blood enriched with activated oxygen is reinjected into the body over a closed system. This treatment lasts normally about 20 minutes. To ensure that the treatment is as effective as possible this ozone therapy is often complemented with an additional infusion therapy.

Ozone therapy can help with back pain. A herniated disc, for example, does not always require surgery. Ozone therapy is an effective alternative.

This type of treatment is often used against pains, inflammatory processes and allergies and additionally for the following main medical indications:

- Chemonucleolysis with ozone
- Acute and chronic pains and inflammations
- Circulatory problems (angina pectoris, Raynaud's disease, arteriosclerosis, apoplex)
- Cancer
- Metabolic disorders
- Acute and chronic infections
- Oxygen deficiencies
- Respiratory insufficiency, bronchial asthma, pulmonary emphysema
- Exhaustion, overexertion, chronic tiredness

The ozone is vasodilatory and kills viruses, bacteria and fungi in the body. This treatment has a positive influence on the flow behavior of the blood. The plasticity of the red blood cells is improved; therefore, they pass better through the capillaries. This means that the blood and consequently the oxygen can reach better the various vessels and therefore improve the blood circulation.

NEURAL THERAPY

Relief of chronic interference

Interferences in the body prevent information exchange and regulatory processes which often lead to an illness. Neural therapy normalizes the malfunction of the body and restores the capability of the regulatory processes. The healing processes are thus positively influenced and the level of irritations reduced.

This therapy involves injections targeted at specific points of the body and nerve tissues. This leads to a deep-seated readjustment of the vegetative nerve system and reduction of chronic interference fields.

The neural therapy is often used to treat tissue damage and is a type of regulatory therapy as is acupuncture. An injection directly into an interference field can reduce the associated complaint and over time can result in the relief of the problem. Neural therapy is used for many complaints:

- Acute pain and inflammations
- Improvement of scar tissue
- Chronic illnesses
- Hormonal disorders
- Joint problems, arthrosis, osteoporosis
- Nerve disorders
- Cancer
- Autoimmune illnesses



DARKFIELD MICROSCOPY

Assessment of the body's regulatory capacity

This examination is used as an integral part in the assessment of the body's regulatory capacity.

Dynamic processes such as, metabolic processes, regulatory processes and adaptability represent crucial criteria of a person's health. These can be well assessed with the dark field microscopy examination of the vital blood.

In this examination, a small drop of blood, without staining is examined directly under the microscope. The blood is observed under light and puts the cells and plasma in a strong oxidative stress. This gives conclusions about the cell and milieu situation and how resistant the cells are to redox and oxygen changes.

Hardly any other examination leads so quickly to conclusions about dynamic processes in the body, provided that the assessor has the appropriate experience. This dynamic is the important element in the evaluation of a patient compared to the static and organ-related approach. Dark field microscopy is in no way a diagnostic instrument with which organ diagnoses or nosological diagnoses can be made. Rather, the method allows the assessment of pathogenic stresses, and disease tendencies.

HYPERTHERMIA

*“Give me the power to produce fever and I’ll cure all disease”,
quote from the Greek doctor Parmenides, ca. 500 BCE.*

This guiding principle resulted in the well-known scientist Prof. Manfred v. Ardenne taking up the development of equipment to artificially raise the core body temperature; so called Hyperthermia treatment beds. Sauna and infrared cabins warm only the body surface, whereas systematic whole body hyperthermia targets the careful warming of the whole body to over 38.5 °C and higher.

The system IRATHERM® 1000 uses for this purpose special water-filtered infrared-A radiation which releases the energy only in the deep skin tissues. Therefore, a temperature increase which is well tolerated is possible despite the high energy intensity.

During the whole body hyperthermia, the treated person lies unclothed and covered in a heat foil on a free standing bed with a special net through which the sweat can easily drip. The head of the patient is free during the whole procedure so that there is no problem with claustrophobia.

Whole body hyperthermia; its effects:

- Improving the metabolic activity
- Improving the oxygen supply
- Improving blood and lymph flow, tissue regeneration
- Stimulating detoxification
- Reducing pain by removal of pain inducing substances
- Strengthening the immune system, building up resistance
- Stimulating the inner function of the glands (influence on the micro and control hormones)
- Energy supply through heat and photodynamic effect on the mitochondria
- Reduction of DNA adducts (additions to the DNA that promote aging and cancer)

Whole body hyperthermia; its scope of application:

- General lack of performance und energy weakness
- Chronic pains of all types, back and sciatic pains, joint pains
- Muscular tensions
- The elimination of unwanted substances and toxins (caused by metal, pharmaceutical and organic toxic loads) is stimulated
- Essential hypertension grade 1 and 2
- Fibromyalgia, polymyalgias and polyarthralgias
- Rheumatic illnesses
- Autoimmune illnesses (for example scleroderma, lupus erythematosus)
- Chronic infections of all types (borreliosis, viruses)
- Depression depending on the season (especially winter depression)
- Complementary biological immunotherapy for treating cancer (active pre and post checks, combined into an overall immunobiological concept)



PLATELET RICH PLASMA (PRP) TREATMENT

Platelet-rich plasma

Platelet-rich plasma (PRP) therapy uses injections of a high concentration of the patient's platelets to accelerate the healing of injured tendons, ligaments, muscles, and joints.

Using each patient's individual healing system to improve musculoskeletal problems has a stimulating effect on the stem cells within the targeted area, making those cells work harder to heal damaged tissues.

Some of the key advantages of PRP injections are the reduced need for anti-inflammatories or stronger medications like opioids. In addition, the side effects of PRP injections are very limited as they are created from your blood. Your body will not reject or react negatively.

Platelet procedures are commonly used for soft tissue injuries, arthritis, and spine condition.



INTERVENTIONAL PAIN THERAPY

Orthopaedic pain therapy

This type of therapy belongs to the specialty of orthopedic pain therapy. The focus is on local injections, minimally invasive, percutaneous as well as microsurgical treatment techniques. These are performed with pinpoint accuracy using X-ray and ultrasound assistance.

Applications:

- Injections to the small vertebral joints (facet joints) of the spine, intra- and periarticular therapy.
- Disc therapies by injecting pharmaceuticals/ozon/PRP into the disc.
- Injections into joints, with agents from orthomolecular and regenerative orthopedics.
- Injections of the patient's own blood products into bones for the treatment of bone edema in osteoarthritis, pseudoarthrosis and bone necrosis



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