



The Kusnacht Practice

When it comes to the ultimate in medical treatment
and rehabilitation, one centre draws on Switzerland's
expertise, offering luxury and privacy for the discerning
client who wants access to the world's best care

Switzerland is renowned for its world-class medical facilities and abilities, five-star luxury, and ultimate discretion when it comes to privacy. Those factors contribute towards making The Kusunacht Practice the world's finest luxury rehab and treatment centre.

Located in Zurich, the acclaimed mental health and addiction treatment centre covers a wide range of psychological and dependency disorders with tailor-made care plans delivered in private, luxurious surroundings. Its team of medical professionals provide bespoke care that identifies and treats the underlying causes of problems, rather than simply the symptoms, and draws on leading medical experts to provide

the ultimate care and treatment in one convenient destination.

By drawing on its network of international expertise, The Kusunacht Practice is able to provide the very best medical care when required, rather than clients having to wait months to see specialists. It is this direct access and personal care and attention that makes The Kusunacht Practice particularly attractive to global political and business leaders as well as ultra-high-net-worth individuals who demand the best.

Each client has his or her own personal care team delivering a highly tailored clinical plan for recovery, as well as exclusive use of one of The Kusunacht Practice's luxury residences on the

shores of Lake Zurich, serviced by a private butler.

It's not just the exceptional care that clients receive while visiting the Practice that contributes to their health and wellbeing, but also the ongoing continuing care programme developed and implemented for each individual.

The Kusunacht Practice ensures that its clients leave freed from their addictions, harmful behaviours, reliance upon medical pharmaceuticals and with balance restored to their biochemistry, neurochemistry and self-perception.

This empowers clients, giving them the tools that they need to reclaim their lives and ensure a healthier lifestyle.





MR EDUARDO GREGHI,
CEO & CHAIRMAN OF THE
KUSNACHT PRACTICE
AND DOUBLE CHECK



The Kusunacht Practice was inspired by psychiatrist and psychoanalyst Doctor Carl Gustav Jung who lived and worked in Kusunacht over 100 years ago,” explains The Kusunacht Practice’s CEO and Chairman Eduardo Greghi.

“In the beginning we were a rehabilitation centre, treating addiction, however in the last four years the Practice has been transformed, and we now treat a wide range of mental health disorders. Our clients have medical treatment to also help with psychological disorders within one respected Practice, so we are truly holistic. That is what The Kusunacht Practice is today.”

Mr Greghi explains that word-of-mouth endorsements have grown the Practice’s reputation for treating select individuals and its reputation for excellence.

The Kusunacht Practice employs more than 120 complementary therapists, and more than 55 members of staff look after a maximum of six clients at any one time. Each client is treated individually, and no two days are the same.

“Clients will get more one-to-one sessions in a day with us than they would get in most treatments centres in the

world in a month,” he says. “It is targeted, customised and personalised.

“We have been polishing this approach now for over 10 years, continually bringing in the best professionals. I have never seen a client follow our programme, reach the psychic shift and not get better.”

Zurich is, of course, one of the places where psychiatry developed. So when people visit The Kusunacht Practice they are close to that source of expertise, in a country that has built a reputation for providing the very best quality of care.

“Our clients receive 360-degree treatment and they never meet each other. It is the most exclusive way to be treated. It is the Rolls-Royce of treatment.”

“We hire the best people in the world and have them at our disposal to treat our clients whenever the need arises. We work very closely with the University Hospital of Zurich, Hirslanden, Klinik Pyramide am See, Privatklinik Bethanien, Kantonsspital Baselland, and Kinderspital Zürich and others, and have immediate access to the best professors, doctors and specialists.”



BIOMOLECULAR RESTORATION

One area of expertise for The Kusnacht Practice is Biomolecular Restoration (Bio-R), a revolutionary procedure that corrects imbalances and stress factors in biochemistry, which is vital for the treatment of addiction and other disorders.

Bio-R is an innovative and highly individualised medical approach to improve physical and emotional wellbeing. It works by detecting and correcting imbalances in individual biochemistry and neurochemistry to significantly improve physical health, vitality and emotional wellbeing.

The Bio-R expert team has created unique programmes that help both body and brain to function as smoothly as the famed Swiss clock. Just like a delicate clock, our bodies are finely tuned mechanisms. If any of the chemical components become disrupted, the body can no longer function at an optimal level. This is where Bio-R programmes at The Kusnacht Practice can help.

“How we feel physically and emotionally depends very much on our complex biochemical environment, our internal milieu,” says Doctor Antoinette Sarasin Gianduzzo, Director of Biomolecular Restoration, Nutrition and Lifestyle.

“This biomolecular aspect is often overlooked, and you may be given medicines for a symptom without tackling the underlying causes. We use Bio-R to restore what is missing or release any stress factors. This creates balance for both physical and also emotional wellbeing.”

Most diseases and health problems in modern society are associated with biomolecular deficiencies and metabolic stress, including depression and anxiety, insomnia, chronic fatigue, weight gain, cravings, high blood pressure, reduced sex drive and a weakened immune system.

The benefits of Bio-R can include rejuvenation, weight loss, detox, and anti-ageing. It can also reduce risk factors for lifestyle-related illnesses, such as type 2 diabetes or cardiovascular diseases.

“People know serotonin can make you feel happy,” says Doctor Sarasin Gianduzzo, “If people feel depressed, they take an anti-depressant, but the body can produce serotonin in a healthy way. We look more at underlying causes and try to create natural balance.

A typical Bio-R treatment would involve an in-depth medical assessment and discussion with one of the Practice’s experts, as they do not rely solely on laboratory results. This ensures that the treatment provided takes into account the medical history and meets clients’ expectations. This is followed by extensive lab tests that go far beyond a standard blood test in order to identify metabolic stress points. Everything from hair to saliva can provide important information about the state of health and biomolecular balance.

“We also make sure a comprehensive medical check up is performed,” says Doctor Sarasin Gianduzzo. “We can then provide a detailed, personalised biomolecular restoration plan of supplements for each individual client, as well as lifestyle coaching, nutritional coaching and stress management. We are offering a long-term solution.

“We discovered that this approach gives people greater long-term benefits which is less stressful for the body. We want sustainable success which is why we have holistic programmes for rejuvenation, weight loss, detox and anti-ageing.

The Ultimate Programme is our most extensive, as it includes a residential stay in one of our villas. The client has a dedicated team, right down to a private chef. It includes the initial assessment and medical check-up, and we prepare a tailored programme with all of the elements, including micronutrient infusions, complementary therapists and mental strengthening. Perhaps the most crucial part is that we tailor the content to every single client.

“Thanks to our medical division, Double Check, we have access to specialists and experts in every field. Normally you might have to wait three to six months. However the Ultimate Programme gives you immediate access.

The ongoing support and long-term benefits are an important part of the Ultimate Programme and what makes it such a success.

Of course, not all programmes are residential, so busy executives can still benefit from Bio-R if they are unable to visit The Kusnacht Practice in person.

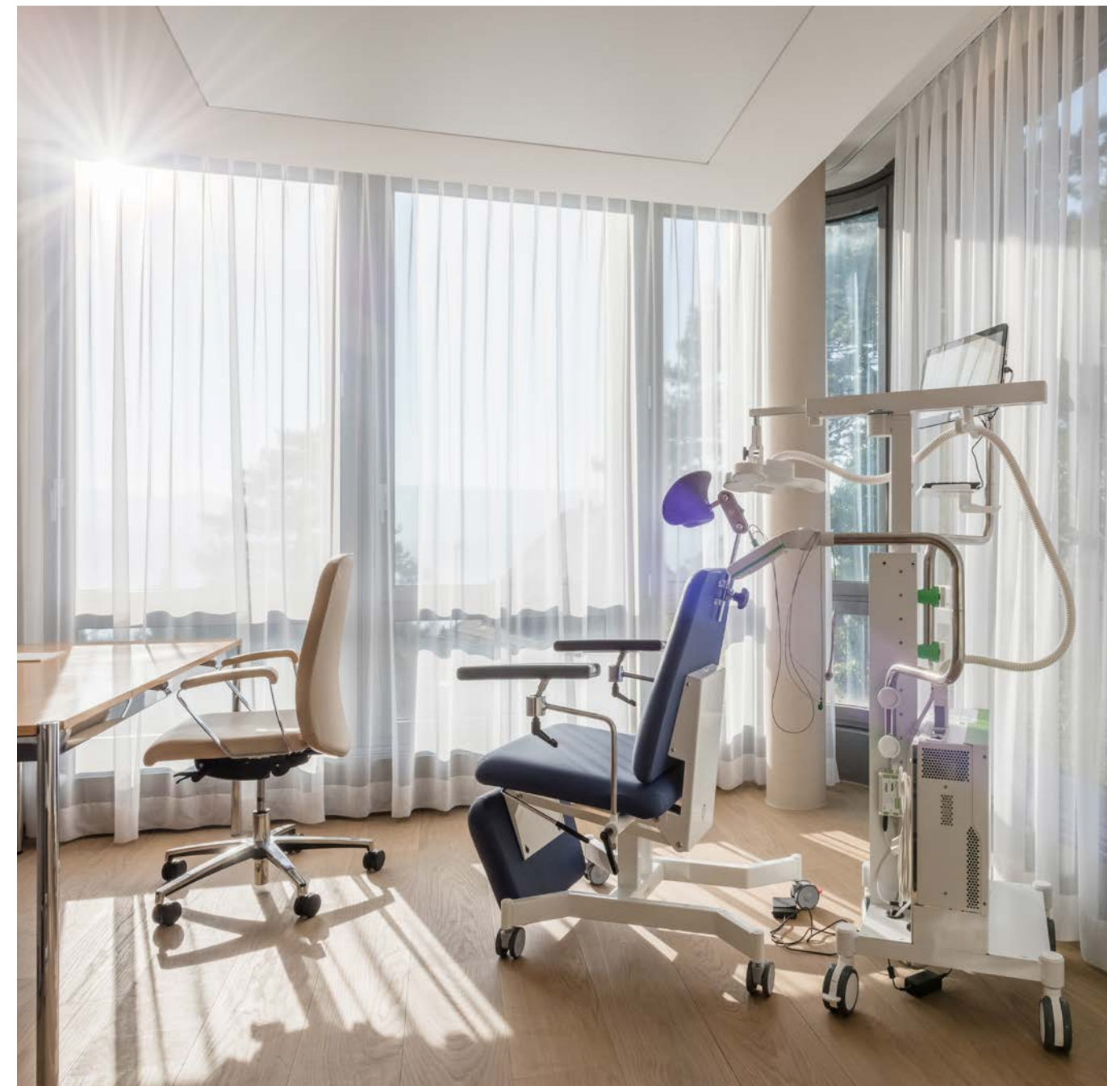
Bio-R Impact is one such programme, and it is ideal for clients who want to prioritise sustainable weight loss, reduce stress, improve sleep or tackle anti-ageing. This three-month programme includes a personalised lifestyle enhancement plan and all treatments and mentoring sessions are tailored to the client’s biochemical needs.



DOCTOR ANTOINETTE
SARASIN GIANDUZZO,
DIRECTOR OF
BIOMOLECULAR
RESTORATION,
NUTRITION AND
LIFESTYLE



DOCTOR MED.
KONRAD HITZ,
MEDICAL DIRECTOR
OF THE KUSNACHT
PRACTICE AND
DOUBLE CHECK



DOUBLE CHECK

Double Check is The Kusunacht Practice's world-class medical centre that has been providing check-ups, second opinions and medical interventions to discerning clients for more than a decade. Drawing on renowned specialists means Double Check is able to provide reliable medical diagnoses using evidence-based treatment methods and leading-edge medical technology.

Medical excellence does not come more personalised than this. Each client is allocated a personal adviser to assist them during their diagnosis and treatment and better understand their needs.

The Swiss healthcare system is one of the best in the world, and Double

Check offers fast and direct access to this expertise via an extensive network of more than 200 specialists.

"Double Check provides tailor-made medical care. We take care of everything," says Doctor med. Konrad Hitz, Medical Director of Double Check and The Kusunacht Practice.

"We plan treatments for clients in advance and have instant access for any medical procedures to leading experts here in Switzerland.

"It's not that at Double Check we have one practice with only a small number of doctors available. We hand-pick specialist doctors from all over Switzerland based on their excellence."

This clientele knows what they want. They want the best and they get that at The Kusunacht Practice and Double Check.

"Clients don't come to us because of luxury, they come to us for the medical, psychological and psychiatric care we offer – and the combination of those," adds CEO and Chairman Eduardo Greggi.

"We use the latest techniques and cutting-edge technology, with no expense spared, to enable us to provide the very best care. If our client needs it, the client gets it.

"It is the best treatment people can get in the world."

www.kusunachtpractice.com