



The Kusunacht Practice⁺

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Biomolecular Restoration 



What is Biomolecular Restoration?

Biomolecular Restoration (Bio-R) is an innovative medical treatment which corrects imbalances in our individual biochemistry and neurochemistry. It significantly improves our physical health and emotional wellbeing.

Each of us has a complex and absolutely unique internal biochemistry, which needs to be balanced for us to feel physically and psychologically healthy. Such balance can be disturbed if we lack the micronutrients our bodies need. Biochemical imbalances can also be caused by a variety of lifestyle factors such as stress, poor nutritional and exercise habits, smoking or the use of prescription medications.

If your individual biochemistry is imbalanced, this directly affects the way you feel, think and behave. Your body and brain chemistry do not function properly and you may develop a wide variety of physical and psychological disorders.

Bio-R identifies and replenishes your personal biochemical imbalances, using a customized formulation of micronutrient supplements which is as unique as your fingerprint. It restores balance to your body and brain chemistry, allowing you to regain the physical and psychological health you need to feel happy and energized, and to enjoy a high quality of life.

- > Nutritive hypoglycemia
- > Heavy metal loading
- > Genetic profile
- Restoration
 - > Specific micronutrient infusions
 - > Tailored micronutrient supplementation (personalized formulation)
 - > Specific detox and hormonal rebalancing
 - > Restoration of healthy gastrointestinal microbiota
- Lifestyle
 - > Personalized workout and specific fat-burning meal plans
 - > Mindfulness and stress management
 - > Unique supportive therapies (e.g. laser acupuncture, reflexology, infusion therapy, body mobilization & harmonization treatment etc.)
 - > Training of your personal staff (e.g. instruction chef)
- Continuing Care
 - > Ongoing support to allow successful transition in personal daily life
 - > Laboratory re-testing and adaptations

Each of our treatment programs is individually designed to achieve the maximum positive results in the time available to each client. However, serious biomolecular imbalances that have led to physical or psychological disorders may require lengthier treatment programs.

Please contact us for details of our various Bio-R programs and to discuss how Bio-R can help to rejuvenate your life.
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Our Bio-R programs

Our Bio-R programs begin with wide-ranging, in-depth laboratory tests and expert analysis. Your test results and biochemical condition are absolutely unique, so your Bio-R treatment needs to be equally unique and personalized. Throughout your Bio-R program, you will be supported by our specialist and distinguished team of Bio-R experts, which has experience and results that are second to none.

We offer a range of Bio-R programs, including 28-day or 14-day intensive sessions during which you stay in one of our Swiss 6-star exclusive residences and are looked after by a personal butler, gourmet chef, maid and driver. Whichever one of our residences you choose, you will enjoy absolute privacy, magnificent views and a truly relaxing environment. Alternatively, you may try one of our 3-day Detox, Energize & Rejuvenance weekends or one of our non-residential programs.

Our Bio-R treatment plans

Our most popular Bio-R programs include:

- Health check-up and lifestyle assessments
- Comprehensive, in-depth biomolecular laboratory tests and analysis to detect:
 - > Micronutrient deficiencies / amino acid imbalances
 - > Inflammatory and oxidative stress
 - > Imbalances in neurotransmitters and hormones
 - > Adrenal fatigue / stress profile
 - > Microbiota imbalances (which prevent weight loss)

Bio-R relieves metabolic stress and dysfunction

Biomolecular imbalances create significant stress for your body and mind, which can cause a wide variety of physical and psychological disorders. Most diseases in modern society are a result of biochemical deficiencies and metabolic stress, including:

- Depression, anxiety and emotional instability
- Insomnia, burnout and chronic fatigue
- Cravings and obesity (i.e. being overweight)
- Type-2 diabetes
- Metabolic syndrome and cardiovascular risk factors (e.g. high blood pressure, high blood lipids etc.)
- Reduced libido (sexual drive)
- Accelerated ageing process
- Weakened immune system

Our Bio-R treatment identifies the underlying biochemical causes of such disorders, so that they can be properly treated. Our Bio-R experts prepare a tailor-made micronutrient supplementation program to restore your biochemical balance. We use organic ingredients and infusions to restore balance naturally, without resorting to medication that can have unpleasant side-effects. Our experienced and renowned doctors also meticulously design a DNA personalized lifestyle plan for you. The results will leave you feeling rejuvenated, physically healthy and psychologically positive.





Biomolecular Restoration revitalizes your life

Bio-R is recommended if you suffer from a disorder resulting from biochemical imbalances, or if you feel that your mind and body are not functioning in a healthy manner. It leads to numerous health benefits, including:

- Improved physical and emotional health and wellbeing
- Increased energy, libido and feelings of true happiness
- Sustainable weight loss
- Improved sleep quality
- Anti-ageing metabolic processes and cellular protection
- Improved detox and immune system functioning

Bio-R also has a significant and positive impact on your general wellbeing and perception. It re-energises you both physically and psychologically, enabling you to achieve life goals that would have seemed impossible at a time when your imbalanced biochemistry left you feeling physically and emotionally drained.

So whether your lifestyle goals include stopping smoking, losing weight, beginning a physical training regime or simply feeling younger and more energetic, Bio-R treatment is tremendously beneficial.