

Basics for your Stay at the Swiss Mountain Clinic



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Preface to the Swiss Mountain Clinic



International Competence-Centre for Regulative and Functional Medicine

Meanwhile, patients from over 70 countries have been treated by us and recommended us. Almost every day we receive requests from people from all over the world hoping for a chance to recover their health.

At the Swiss Mountain Clinic, we do not treat the disease, but the human, to get to the root of the problem. We use state-of-the-art diagnostic methods combined with detailed discussions. For the treatments we use proven methods of biological medicine and traditional European natural remedies. We do not see conventional medicine as competition, but as a supplement.

Our Chief Physician, Dr. Petra Wiechel, as well as her daughter Dr. Friderike Wiechel are very passionate about prevention – helping people who know their body is out of balance and want to understand why. We, of course, also treat patients who received a diagnosis such as Lyme, fibromyalgia, heavy metal poisoning, Parkinson, multiple sclerosis, burnout, cancer, etc.

Our diagnostics help us to understand what is going on deep within: what processes are already happening in your body, where do you stand with your heavy metals, what does your blood say, etc. We use dark field blood analysis, iridology, autonomic nervous system analysis, parasite check, mineral analysis and many more analyses to get a complete picture of your current condition.

With a 360° view of the human system, we have developed a set of integrated therapies to guarantee you a seamless and high-quality treatment process. We offer a wide spectrum of treatments such as the INUSpheresis®, colon hydrotherapy, infusion, full-body hyperthermia, neural therapy, hyperbaric oxidation therapy, parasite therapy as well as more than 60 different therapies and treatments to help you regulate, detoxify, and find balance. We also work with external specialists such as internationally recognized dentists. Understanding what is going on with the teeth is a key component of our diagnostic since 80% of malfunctions (of the body) come from the teeth. New and exclusive is the cold therapy (cryotherapy).

Disease is never a coincidence, but a result of our lifestyle. With the many daily demands, it can be difficult to maintain balance. This is why we developed intensive therapy weeks as well as a 2-week and a 3-week program to help you pause and focus on your health before returning to your normal life with renewed strength and the ability to face the everyday challenges. Be it for a weekly liver cleanse, fasting, heavy metal detox or a customized program, our packages are designed to prevent disease as well as regulate and detoxify your body.



Holistic Concept

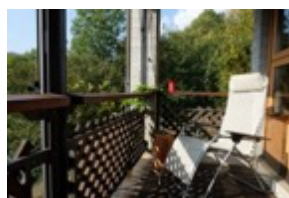
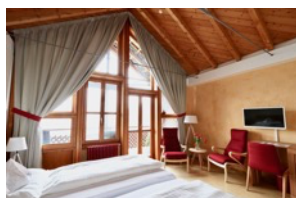
Located in the Swiss Alps in the village of Castaneda, our clinic is the perfect location to rest and recharge. We provide an organic and gluten-free diet, an electromagnetic field (EMF) reduced environment, excellent water and more. This perfect combination allows optimal regeneration and healing. It is no coincidence that the Swiss Mountain Clinic is currently located at this place full of mystical powers. Hundreds of years ago, people came here to get well.

With our special concept combining healing and wellbeing we provide you with a WiFi-free environment and holistic care. Nestled in a beautiful mountain landscape, the view sweeps into the distance - here you can recharge your batteries and recover by enjoying our regional organic nutrition, which is awarded by Gout Mieux. In both 2020 and 2021, we received the Award for "Most Innovative Clinic" from the Swiss TV station QS24.tv.

Unfortunately, we humans tend to change something in our lives when we receive news of a certain condition or get a diagnosis, i.e., when the "biological cut" is crossed and going back to health is more difficult than if the signs of an imbalance were acknowledged earlier.

This is why at the Swiss Mountain Clinic we specialize ourselves in understanding what is going on in your body using a holistic approach. We aim to understand the root cause of your condition before starting the therapy program (a.k.a. regulative medicine). You might have received a diagnosis – but we go back upstream to understand why and that, no matter what point you are at in your journey.

Accommodation and Equipment



Full Board

In your full board accommodation, the standard pricing is based on a double occupancy in a double room including three high quality, gluten-free and organic meals. Our clinic has 25 spacious and modern double rooms, – all facing south, with a covered balcony or patio, private bathroom with shower or bathtub, television, direct dial telephone, and fiber optic internet access in the room. Several rooms are wheelchair accessible. All rooms are accessible by elevator as are the medical department, therapy area, restaurant, sitting areas, and exercise rooms.

At the Swiss Mountain Clinic, you will stay in a comfortable room with a demagnetized bed and enjoy freshly prepared, organic food. On request and subject to availability, you can even sleep in a single room with reduced electro smog. A plus, especially for electrosensitive people. Waking up in the morning you can welcome the day on your private balcony or terrace.

Price List Accommodation

	category A (deluxe)	category B (superior)	category C (standard)
Room selection	Rooms: 31, 45, 61, 62, 63, 65, 66, 67, 75, 76 Special rooms incl. bathtub, electro smog reduced: 71, 72, 73 Junior Suite: 77	Rooms: 46, 47, 48 Junior Suites: 53, 58	Rooms: 51, 52, 55, 56, 57
Single Room <i>incl. Full Board</i>	CHF 275,00	CHF 265,00	CHF 250,00
Double Room <i>incl. Full Board</i>	CHF 200,00 per person	CHF 190,00 per person	CHF 175,00 per person

Additional Features

To help you relax and strengthen your body, you will have free access to the following facilities and devices in addition to your therapies:

- Infrared sauna
- Oscillating field cabin
- Bemer physical vascular therapy
- Galileo training device
- Fitness and gym rooms
- Billiard and dart room

You are also invited to participate in our complimentary in-house events such as:

- Lectures by Physicians and therapists
- Two meditational hikes in the morning from about 7:00am to 8:30am
- Gala Concert on Saturday with internationally sought-after artists

Additional Services

Services	Pricing
Surcharge for desired room*	CHF 50,00 per night
Surcharge for desired floor*	CHF 25,00 per night
Surcharge electrosmog reduced room*	CHF 50,00 per night
Small fields bedding	CHF 15,00 per night
Parking space in our underground garage	CHF 15,00 per night
Outdoor parking space	CHF 5,00 per night
Electricity refueling for e-cars per charging process	CHF 25,00 per night
Electricity refueling for hybrids per charging process	CHF 10,00 per night
Surcharge for accompanying person (depending on room category)	CHF 175,00 - 200,00
Surcharge full board child 6-12years	50 % per night
Surcharge full board child 13-16years	75 % per night
Surcharge pet	CHF 15,00 per night
Pet final cleaning	CHF 40,00 one time
Surcharge for menu changes, additional requests	CHF 15,00 per meal
Surcharge for intolerances	CHF 20,00 per day

(Prices include VAT / * subject to availability)

Ernährungskonzept



Nutrition Concept

To support the healing process, you can enjoy healthy, gluten-free and organic meals at the Swiss Mountain Clinic, which also caters for food intolerances. We harvest from our own herb and vegetable garden and use the fruit trees around our clinic with old, unsprayed fruit varieties. Your package includes freshly prepared daily meals with regional and sustainable foods. You can choose one of the five menus: Vegan, Detox, Ketogenic Vegan Raw, or Antihistamine at no extra charge.



In addition, we harvest from our own herb and vegetable garden and use the fruit trees around our clinic with old, unsprayed fruit varieties. We have been awarded by Gout Mieux for our organic diet. You are welcome to choose from these diets at no extra charge:

Overview of Diets

Variants	Descriptions
STANDARD	Our STANDARD menus are a balanced mix of vegetarian and vegan components and may also include fish and meat.
VEGETARIAN	VEGETARIAN diet largely avoids animal products and offers a lot of vegetables, but may also sometimes include cheese or egg.
VEGAN	VEGAN diet eliminates animal products and uses plant-based alternatives.
DETOX	DETOX means that your diet consists mainly of fresh fruits and vegetables. This has a strong alkalizing effect and relieves the metabolism so that it can concentrate on detoxification. Animal protein is avoided. The consumption of fat is also severely limited to relieve the liver metabolism.
KETOGENIC VEGAN RAW	This diet supports the metabolism in severe disease. It is rich in vital substances, antioxidants, numerous natural protective nutrients and vegetable proteins. The diet has an alkaline and relieving effect. By avoiding high-sugar fruits and vegetables, high blood sugar increases are avoided.
HISTAMIN	Fermented, long-stored and ripened foods contain a lot of histamine. However, some fruits and vegetables such as tomatoes, eggplant and citrus fruits also have high HISTAMIN content. This diet avoids foods containing histamine.

Please let us know your menu preference and any intolerances before your arrival.

Arrival Preparations

Transfers

Our reception team is happy to organize a transfer to the Swiss Mountain Clinic for you up to 3 days before arrival - please let us know your travel details.

Service	Price
Sunday Shuttle from Bellinzona train station to clinic	CHF 00,00 (12:15, 4:15 p.m.)
Transfer from Bellinzona train station to clinic	CHF 65,00
Transfer from Mailand airport Malpensa (MXP) to clinic	CHF 270,00
Transfer from Mailand airport Linate (LIN) to clinic	CHF 310,00
Transfer from Bergamo airport (BGY) to clinic	CHF 360,00
Transfer from Zurich airport (ZRH) to clinic	CHF 550,00

Reception and duty hours

Our reception team is available from Monday to Sunday from 8:00 a.m. to 5:45 p.m. Please coordinate your exact check-in and check-out times with the reception team - unless otherwise agreed, however, the following applies: check-in is possible from 03:00 p.m. on the day of arrival and check-out is possible until 11:00 a.m. on the day of departure. On the day of arrival, for operational organizational reasons, no medical treatments can take place before 2:00 p.m. - we ask for your understanding.

If you have any questions or service requests, we are happy to help you:

Phone: +41 91 820 40 -25 (Reception is best reachable from 8:30 a.m. – 5:30 p.m.)

In special cases: +41 91 820 40 -06 (Restaurant 6:00 p.m. – 8:30 p.m.)

E-mail: info@swissmountainclinic.com

Detox before arrival

We look forward to welcoming you soon. For the duration of your stay, you will be in the best hands and enjoy first-class care from medical professionals with an international reputation. For you to get the most out of your stay, please begin a weight-relieving diet program 4 days prior to your arrival:

- >> Sufficient fluid intake (at least 2 liters of water or herbal tea per day).
- >> Avoidance of toxins / addictive substances (no alcohol, nicotine and if possible, no painkillers)
- >> Reduction of radiation (mobile phone and WIFI switched off at night)

We realize that this is challenging - nevertheless, the better you prepare, the better the result will be. You are doing it for your health!

General Terms & Conditions

Important Notice

The Swiss Mountain Clinic receives neither subsidies from the state nor any other support. We are financed exclusively by payments from our patients and are therefore particularly dependent on punctual and complete payment for our services. We ask for your understanding if, for this reason, we devote a little more space here to the area of costs / payments. We do this because we want to be there for you in the future as well.

Offers, Costs and Payments

When estimating the costs for medical services, we assume, based on experience, between CHF 650.00 and CHF 900.00 per day. Other necessary services from external service providers (e.g., specialized laboratory tests) will be charged additionally at a later date. Please note that the costs for medical services may vary and desired or prescribed medications are not included in the cost estimate for medical services.

Upon request, you will receive a more precise cost estimate after the diagnostic examinations and initial consultation. For stays of several weeks, you will receive your weekly statement from your health account.

If your balance from your health account (advance payment) is used up, we will ask you for another payment. All outstanding bills are to be paid at the latest at check-out. All prices are inclusive of the statutory value added tax.

Children

Children are welcome in our house. A maximum of 1 extra bed is allowed per room. One additional child can sleep in the parents' bed. Children from 6-12 years old are charged 50% extra for full board, from 13-16 years old 75%.

Discounts

- a) For the intensive weeks we grant a package bonus of CHF 525.00 as a discount on the accommodation costs per person. Excluded are the Health Check Intensive Week and the Fasting Intensive Week. The intensive week bonus is not applicable in case of change requests of the package and cannot be combined with other discounts.
- b) We grant a follow-up bonus for each subsequent stay within 2 years in the amount of 5% on the accommodation costs per person. This cannot be combined with other discounts.

Terms of Payment

Since we already start working for you prior to your stay (e.g. therapy planning, menu composition and medical consultations), the accommodation costs are due as a deposit with your booking and are to be paid in advance by bank transfer to your health account as a credit - thus your booking is guaranteed.

Prior to arrival, we will ask you to also pay the balance of your therapies so that your health account is filled

when you check in with us.

For additional services on-site at the Swiss Mountain Clinic we ask you to leave your credit card details as security with the reception team upon arrival. Please note that credit card payments may incur a fee:

- American Express and Diners Club +4%
- MasterCard and VISA +2%

Bank Transfer

Please include your name, invoice number and date of stay with your remittance so we can match payments to your health care account.

Information for bank transfer in Swiss francs (CHF)

recipient: Swiss Mountain Clinic AG, Strada Cantonale 53, 6540 Castaneda, Switzerland Bank:
Graubuender Kantonalbank, P.O. Box 7001 Chur, Switzerland
IBAN: CH83 00774010 4541 8570 0
clearing no.: 774
SWIFT/BIC: GRKBCH2270A

Information for bank transfer in Euro (€)

recipient: Swiss Mountain Clinic AG, Strada Cantonale 53, 6540 Castaneda, Switzerland Bank:
Sparkasse Uckermark, Georg-Dreke-Ring 62, 17291 Prenzlau, Germany
IBAN: DE72 1705 6060 0101 0036 25
clearing no.: 17056060
SWIFT/BIC: WELADED1UMP
account number: 101003625

Cancellation conditions

Cancellation of a reservation is valid if made in writing (letter, fax or email) and confirmed by us. In case of cancellation, the following cancellation fees will be charged - or withheld from your health account:

- Cancellation up to 14 days prior to arrival: CHF 250.00 cancellation fee
- Cancellation less than 14 days before arrival: Deposit of the accommodation costs

If you have paid the deposit and cancel in time, you will be refunded the corresponding amount (minus cancellation fee) within 7 working days.

Notes for our guests

The Swiss Mountain Clinic is a place of rest and relaxation - therefore we ask you to observe the following points when you are on site:

- Cell phones inside the building and on the terrace are to be switched off, please
- WLAN or hotspots are not allowed - you can connect your devices via LAN
- Smoking is strictly prohibited inside the building and on the terrace
- Additional guests must be announced to the reception team
- Quiet hours must be respected at all times
- For appointments that are cancelled by the patient less than 24 hours in advance, a cancellation fee of 70% will be charged to cover our staff expenses