

Dear Madam, Dear Sir,

Thank you very much for your interest in our Clinic. Hereafter you will find our full package about the cell therapy that we are practicing in the **CLINIQUE PAUL NIEHANS**.

Please find enclosed:

- Informations-Conditions
- Registration Form
- Medical Questionnaire
- History
- List of Preliminary Medical Examinations
- Recommendations after the cell therapy
- Contraindications for the cell therapy

The development of the art of healing – and this is something that many scientific experts agree on – clearly points in the direction of bio-medicine.

Cell Therapy is a treatment that, by using fetal and youthful cell material into your system induces general and revitalizing effects on your organism.

End of 2006 **CLINIQUE PAUL NIEHANS** moved from the Hôtel des Trois Couronnes, www.hoteltroiscouronnes.ch, close to the beautifully renovated Grand Hôtel du Lac, www.hoteldulac-vevey.ch, on the border of Lake of Geneva in front of the Yacht Harbour with magnificent view over the Lake and the Swiss and French Alps. Our Clinic is located two minutes walking from Grand Hôtel du Lac.

Our secretarial desk and our qualified nursing staff will offer their smiles and their very special attentive care to you, so that your stay will be pleasant and unforgettable.

Naturally, we are at your entire disposal for any further information you may require and for replying to any question you would like to ask.

We are looking forward to hearing from you in the very near future.

Yours sincerely.

CLINIQUE PAUL NIEHANS

Encs: as mentioned

INFORMATIONS – CONDITIONS

1) ADMINISTRATION AND ORGANIZATION

Founder

Mrs Coralie Lüthi-Niehans

Daughter of Prof. Dr Paul Niehans MD

Director and medical supervisor

Dr **Edouard Bärtschi**, MD FMH, Neurologist

Locum Tenens and Consultant of plastic surgery

Dr Claude Oppikofer, MD

2) CELL THERAPY WITH LYOPHILISED CELL EXTRACTS

A) **The Standard cell therapy course**

***Sunday** Arrival day. Accommodation in the Hotel of your choice. We recommend specially the Grand Hotel du Lac, next door to the Clinic or, as alternative Hôtel des Trois Couronnes; 5 minutes walk from the Clinic.

Monday Check-up day. A blood sample is taken (on empty stomach) for routine lab tests and the morning urine collected. Then an ECG (electrocardiogram) will be recorded and you will be seen by the Doctor. Breakfast in the Hotel. The rest of the day is free for local tourism, wellness or complementary treatments (in hotel) until your appointment for the cell therapy.

Monday pm Cell Therapy. Usually 6 injections are applied deep under the skin in the buttock
or Tuesday am After the injections you have to observe complete rest in your Hotel room

Tuesday Doctors visit. Rest or optional complementary treatments, or wellness in Hotel Spa.

Wednesday Like Tuesday. You can get out for local tourism.

Wednesday or Thursday Medical check out. Departure or optional treatments, wellness, local tourism.

Thursday

**Arrival day can also be Monday or Tuesday upon our availabilities.*

B) **The Special cell therapy course:** Specially for patients prefer spend more time for other activities like business or tourism. They send us the results of their routine lab tests and ECG in advance.

***Sunday** Arrival day. Accommodation in the Hotel of your choice.

Monday am Medical consultation and cell therapy like in the standard course with our Doctor.
or Monday pm After injections complete rest in the Hotel room. Doctors visit in late afternoon.

Tuesday Doctors visit. Rest or optional treatments or wellness in the spa.

Wednesday or Thursday Medical checkout. Departure or optional treatments, wellness, local tourism.

Thursday

**Arrival day can also be Monday or Tuesday upon our availabilities.*

Rates for cell therapy can be obtained at: infos@paulniehans.ch

You can resume your normal usual activity one week after cell therapy.

INFORMATIONS – CONDITIONS

3) THE JOURNEY TO THE **CLINIQUE PAUL NIEHANS FROM GENEVA AIRPORT**

By car: Motorway Lausanne-Simplon; take the Vevey exit and direction: centre of town
By train: To Vevey railway station, then by taxi, to the Grand Hôtel du Lac or other Hôtel
By air: On special request the limousine driver of the Hotel will pick you up.

4) ACCOMMODATION

Accommodation in well-appointed rooms with private bath, telephone, radio and television, breakfast in the Grand Hôtel du Lac or Hôtel des Trois Couronnes. You have a choice of various menus for the midday and evening meals « à la carte ». If you need help for the hotel booking, we will be pleased to help you.

5) RESERVATION

Hotel reservations have to be done separately; please consult the separate Hotel price lists.

Reservation for cell therapy:

CLINIQUE PAUL NIEHANS

Quai Perdonnet 3, CH – 1800 VEVEY, Switzerland

By phone: 41/ 21/ 922 62 42

By fax: 41/ 21/ 922 61 53

By e-mail: infos@paulniehans.ch

6) HOTEL RATES

Accommodation in: **Grand Hôtel du Lac** (close to the Clinic) www.hoteldulac-vevey.ch please consult separate sheet. Our patients get a special corporate price; please mention to the hotel that you are our patient.

Accommodation in: **Hôtel des Trois Couronnes** (5 minutes walk from the Clinic) www.hoteltroiscouronnes.ch please consult separate sheet with the special corporate prices for our patients.

SUPPLEMENTARY OPTIONAL TREATMENTS (please reserve in advance before your arrival)

H.O.T (Hematogen Oxidation Therapy) per session CHF 300.—

EXTRAS

Telephone calls, use of the fax, drinks, surcharge for suites or accompanying persons, and transfers to or from the airport or railway station are charged separately according to expenditure.

MODE OF PAYMENT

The payment for the invoices, concerning the accommodation and the medical treatments, is made separately on the day of departure, at the Clinic and at the reception desk of « Grand Hôtel du Lac » or « Hôtel des Trois Couronnes », it can be carried out either cash, or by means of a credit card (Eurocard, Master Card, Visa, American Express) or by personal checks in Swiss Francs on a Swiss bank or by Traveller's cheques.

Payment for the medical treatments can also be carried out in advance by banking remittance to the UBS Inc., Rue de Lausanne 6, Case postale, CH – 1800 Vevey 1, Switzerland – **Account Number : 255-G4744914.0, IBAN : CH0900255255G47449140, BIC : UBSWCHZH80A.**

REGISTRATION FORM

Family Name : _____ First Name : _____ M / F : _____

Date of Birth : _____ Address : _____

Postal/Zip Code & City : _____ Country : _____

Private Telephone Nr : _____ Private fax Nr : _____

Office Telephone Nr : _____ Office fax Nr : _____

E-mail : _____ Profession : _____

Date of cell therapy : _____

I will send my preliminary Lab tests and ECG to the Clinic (**Special** Cell Therapy)

I prefer do the tests in the Clinic (**Standard** Cell Therapy)

Accommodation:

I made my Reservation in:

Grand Hôtel du Lac

Hôtel des Trois des Couronnes

Other Hotel

Name of Hotel : _____

Date of hotel check-in : _____

Mode of payment:

Credit card // Eurocard Visa American express

Nr : _____ Valid thru: _____ Security code : _____

Payment in advance by banking remittance to the UBS - CH0900255255G47449141/UBSWCHZH80A

By cash

Place & Date : _____ Signature : _____

Medical Questionnaire

(Mark with a cross where applicable)

Family Name _____ First Name _____ F / M _____

Date of Birth _____ Date of cell therapy _____

- General tiredness
- Sleeplessness
- Excessive need of sleep
- Diminution of physical efficiency
- Diminution of mental efficiency
- Failing memory
- Lack of concentration
- Premature ageing
- Stress
- Heart and circulation disturbances
- Headaches
- Giddiness
- Migraine
- Decrease of potency
- Troubles of menopause
- Menstruation troubles
- Weight increase
- Weight decrease
- Overweight
- Constipation
- When?
- Diarrhea
- Loss of appctite
- Excess appetite
- Psychiatric illness
- Nervous disturbances
- Depression
- Disturbances of blood supply
- Frequent during the night?

Pains in joints or limbs

- a) Shoulders
- b) Back of neck
- c) Elbows
- d) Hand joints
- e) Knees
- f) Ankle joints
- much?
- g) Spine column (cervical, thoracic, lumbar)

- Atherosclerosis
- Cramps in the legs
- Tiredness in the legs
- Varicose veins
- Swollen feet
- Swollen legs
- Rheumatism
- Digestive troubles, which?
- Stomach ulcer

Liver ailments

- a) Hepatitis, when?

- b) Jaundice, when?

- c) Gall-stones? Operated? When?

Kidney ailments

- a) Kidney stones? Operated?

- b) Nephritis (inflammation of kidney)?
 c) Nephrosis

Do you pass water

- a) With difficulty?
- b) Frequent during the night?
- c) With burning sensation?

Diabetes

- a) Insulin? How much?

- b) Medicines, which and how

- Allergies to _____

PRELIMINARY MEDICAL EXAMINATIONS

- Blood Sample
- Sedimentation rate
- Complete blood picture
- Blood sugar
- Creatinine
- Urea
- Uric acids
- Liver enzymes
- Bilirubin
- Cholesterol
- Triglycerides
- Electrolytes (Na, K)
- Complete Urinary Status
- IgE
- ECG
- Spirometry (only for patients with respiratory problems)

CONTRAINDICATIONS FOR THE CELL THERAPY

- Every intense process of infection and inflammation
- Specific sensibility to animal proteins
- Insufficiency of the liver with cirrhosis and hypertension, coronary insufficiency and kidney insufficiency.
- Inflammatory illnesses with allergy, such as glomerulus, nephrology, intense polyarthritis and intense ulcerous colitis.
- Hyperthyroidism
- Diabetes mellitus with insulin dependence
- Severe arterial hypertension

Systolic value surpassing 160 mm
Diastolic value surpassing 100 mm

Cell Therapy – Trust in the forces of nature

From Dr Edouard Bärtschi, Clinique Paul Niehans, Vevey – Switzerland

A little of history:

In 1912, the price Nobel Alexis Carrel has demonstrated for the first time the revitalising effect of young cells on a culture of old and degenerated cells. Mr Carrel told: « The hope of the humanity is based on the prevention of the degenerative and mental illnesses, but not in the relief of the symptoms ».

Professor Niehans discovered the cell therapy in 1931 by chance : one of his colleagues asked him help for a critic case : during an operation of the thyroid gland, the parathyroid gland was damaged, the patient was suffering from strong convulsions and his state was critical. Niehans hadn't the time to execute the surgical implant of the whole gland. Using a trocar, Niehans prepared parathyroid cells obtained from a calf. The success of this therapy led Niehans to abandon literally the surgical transplantation of the intact glands for doing only implants through injections.

In 1937, stimulated by the great neurosurgeon and neuroendocrinologist Cushing, Niehans has implanted for the first time cerebral cells, principally of the hypothalamus and of the hypophysis. From 1948, he amplified the therapeutic system with liver, pancreas, kidneys, heart, duodenum, thymus, spleen.

In 1949, he continued with the first injections of the lyophilized (freeze, dried) cells. Pope Pius XII was treated with these cells.

Scientific elements of the cell therapy:

Almost all the scientific experiences of the cell therapy were carried out with the lyophilized cells. The method of lyophilization consists of dehydrating the frozen cellular material, vacuum-filled in vials, whose perfection of sterility is guaranteed. These cells keep unspoiled in their subtle molecular structure, in order to conserve all their therapeutical effect.

What happens with the application of the injected cells?:

It is proved that the cell particles are disintegrated by phagocytosis and distributed in the whole organism and besides, these fragments which are especially composed of peptides, proteins and nucleic acids, are stocked in the most deficient organs. For example we can observe after an experimented lesion of the liver on an animal, (by tetrachlorimethane), the injected cells of the liver contribute to restore the liver's function and increase the percentage of survival of the treated animals.

Revitalization:

One of the most appreciated effect of the cell therapy by patients, is the increase of the general vitality. Prof. Kment of the veterinary University in Vienna and his fellow workers were investigating the effect of the testis and placenta cells, on rats of different ages. They could prove the revitalising effect while observing the following different alterations :

- a) Improvement of the elasticity of the collagen and the fibrin.
- b) Better respiration of the tissues and better use of the oxygen of the cells.
- c) Increase of the energetic potential of the cells in correlation with :
- d) Morphological changes of the mitochondries towards regeneration.
- e) Increased permeability of the cellular membranes.
- f) Improvement of the microcirculation.
- g) Reduction of the lipids and of the cholesterol.
- h) Activation of the hormonal endocrine system, especially of the sexual glands and the adrenal.
- i) Increased activity of the DNA's repair enzymes.

By analysing 50 geriatric parameters in animal experimentation, the researches could prove that the lyophilized cell preparations of placenta and testis help to reduce the differences between chronological and biological ages.

The result of the clinical revitalisation study done Dr Rietschel in 1957 is very interesting. A revitalisation effect in 98,5% of the 378 treated cases has been noted. The average duration of the effect lasted between 6 to 12 months, in several cases even more than 2 years.

Which are the cellular preparations used for revitalization and which are their effects:

Placenta

The placenta improves the elasticity of the blood vessels, the micro-circulation, the oxygenation and the permeability of the cells. It improves as well the memory and the agility. Sometimes, the diuresis, increases after a placenta injection. This preparation has a general revitalising effect.

Hipothalamus

It is the supreme regulator center of the endocrine gland. It increases the influence of the endocrine tissues which are injected on the corresponding endocrine gland : hypophysis, thyroid, sexual and adrenal glands.

Ovary

It has a regenerating effect during the menopause, in case of amenorrhea, infertility and depression during the menopause.

Testis

Besides its general revitalising effect, it produces an increase of the production of the testosterone, a fall of the blood lipids and cholesterol. Its use is really indicated in case of disability and infertility.

Heart

The heart tissue regenerates the injured and aged myocardic cells.

Thymus

It is not only important in the development of the body's defences, but also in case of bad endocrinal functions. Concerning the esthetic aspect, it is interesting to underline that certain forms of alopecia can be treated favourably by the thymus. Moreover it promotes a better stocking of calcium in the bone structure, with a remarkable action in the treatment of the osteoporosis, principally during the menopause.

Brain-based preparation

They are used in combination with the placenta to treat some atrophies of the brain coming with the age and are very important to improve the state of retarded children.

Adrenal gland

It stimulates the deficient adrenal gland. We know that the adrenal function weakens with the age, that is why we need to take in consideration a revitalising programme. The cortisone is produced in the adrenal cortex, and also the sexual hormones. Consequently, the treatment with the cells of the adrenal gland is indicated to treat problems impotence.

Connective tissue

The connective tissue stimulates and modulates the immune system and that is why we apply it on patients having a diminished health state. It is very recommended for the treatments of degenerative joint disease, the cutaneous ageing and especially as an auxiliary therapy in the treatment of the cancer.

Indications for the cell therapy:

One of the most frequent application fields is :

- A premature ageing with physical and psychic tiredness, symptoms of weakening and loss of vitality.

Other indications:

- The deficiencies of the endocrine glands.
- The degenerative diseases of the connective tissue.
- Arteriosclerosis.
- Reduced immune defences with predisposition's to infections.
- Reduced intellectual capacity.
- Some backwardness in the development of the childhood.

In the chronic diseases which were treated during years by classical medicine without any success, the cell therapy can be also very useful because it stimulates the self-defences of the body and revitalises the patient.

Contra-indications for the cell therapy:

All diseases having an infections or inflammatory origin are contra-indicated for a cell therapy. And also in case of isolated infections (such as tooth with pus, tonsillitis) ; also in certain cases of diabetes or certain diseases of the kidneys.

Cell therapy: course of the treatment:

Before beginning the treatment, the patient will undergo some complete exams in order to determine if he is fitted to do the cell therapy.

Generally, the treatment contains several injections of different cell combinations. Directly after the injections, the cells of the giving animal are carried by the white globules of the patient to the organs and tissues in order to incorporate into them. With a cell material tinted and radioactive, there was demonstrated the animal cells find their way in direction of the human organs, in order to be able to accomplish their “repair function”.

Observation:

During the treatment, it is allowed to drink a little bit of coffee or tee; a glass of beer or wine without any abuse. The consumption of tobacco must be reduced and during 4 weeks it is advised to avoid sunbathing (sauna – Turkish bath). After one or two days of rest, the patient will be able to start its normal activities again.

How long does a cell therapy last?

The success of the cell therapy depends on the individual cases. It lasts at least several months and frequently lasts several years. When it is advised to do another cell therapy, it is important to wait 6 months after the last treatment.

Normally the treatment includes three phases:

- The first phase, as a **primary effect**, can bring a general improvement of the diseases of the patient. The effect of this first phase can diminish after few days. However, this should never be a reason to doubt of its efficacy.
- The second phase, called phase of **reaction**, can resemble to some curative baths, creating for the patient a state of tiredness and also an increase of the pains whose he was suffering. The organism “is working”.
- The third phase, is the phase of **recovery** which has a durable effect. This phase begin usually during the third or fourth week and arrives at the to after 3-4 months. The general conditions improve, the intellectual capacity and the resistance increase, and the blood irrigation of the skin becomes more fluid. The moral state of the patient improves.

Consequently, the cell therapy brings the lost vitality back again and the possibility of a full life, until an advanced ageing.