

Care & Treatments

Lumen Healthcare



Existing
is good,
Living
is better.

Lumen is intended to be a health catalyst that improves your prospects for health expectancy. Put more simply, Lumen will allow you to understand what you can do to live as healthily and for as long as possible.



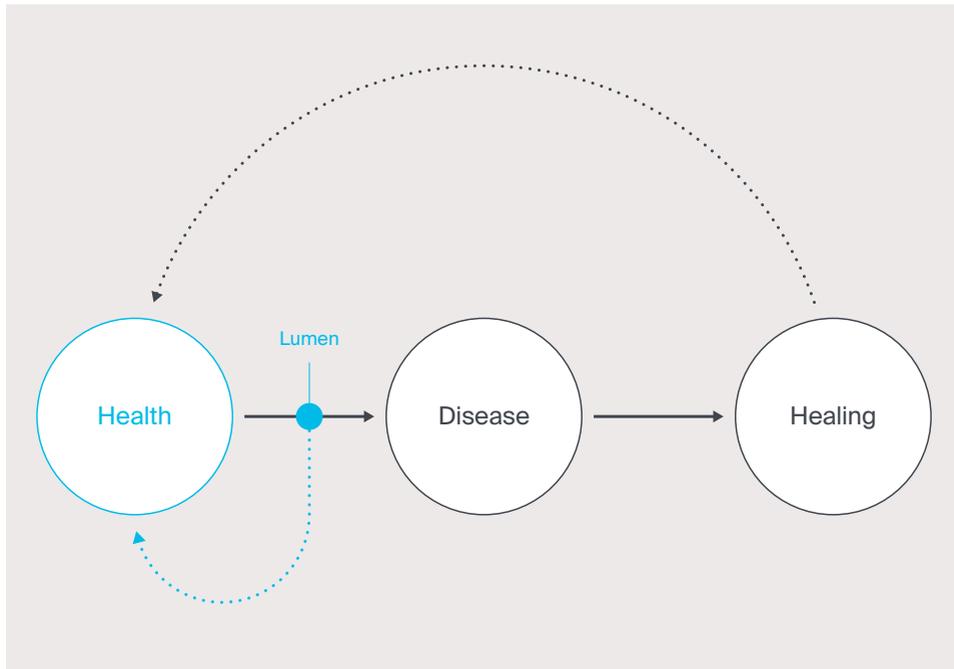
Swiss healthcare
for preventive medicine

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Checkup & early diagnosis



Genes as reliable predictors of health and welfare

The picture of your actual health status

Checkup “Healthcare Optimization”

Health depends on a wide range of factors, and our lifestyle is an important influence on our health.

We offer an extensive checkup *Healthcare Optimization* program to identify and address areas of concern for your health. This preventive and predictive approach is the first step to improving your long-term future health.

Genetic panel

Preventive genetic testing is designed to provide you with comprehensive information about your genetic background and the effect that your genes may have on your overall wellbeing.

Gene constellations are analyzed to determine your health potential, including important considerations such as weight control, detoxification capacities, cardiovascular health, physical and mental fitness, and bone health.

We provide personalized nutritional and lifestyle recommendations which best suit your own genetic constellation.

Novel biological test

These novel tests are designed to detect metabolic imbalances at an early stage, before progression to any type of disease. We identify your risk factors such as cardiovascular and inflammatory risks, insulin resistance, oxidative stress, endocrine status, nutrition and metabolism, tumor markers, neural plasticity and gut microbiote. More tests can be proposed once we have your personal medical history.

Awareness of your health status contributes to optimizing your current and future health. This is another step toward making civilization disease avoidable and partially or totally reversible.

Our personalized recommendations help you regain control over your health and wellbeing. The medical benefits are numerous and include decreasing your risk of acquiring a degenerative disease associated with aging.

Checkup “Medical Evaluation”

The checkup *Medical Evaluation* program consists of a general health status assessment.

The aim is to identify primary risk factors, whether due to lifestyle circumstances or previous illnesses and conditions. This allows us to detect certain pathologies, even when there are no clinical symptoms.

The personal interview with the doctor is often the most important element of this checkup. It makes it possible to establish a prognosis related to the individual context of the patient, while also considering the patient’s family and personal risk factors.

The patient is then thoroughly examined using diagnostic tools (electrocardiogram, cardiac evaluation with stress test, abdominal ultrasound, chest x-ray, gynecologic or urologic evaluation, blood and urine tests, tumoral markers) and any other test related to your personal status.

At the end, a reasoned interpretation of the results leads to concrete recommendations to prevent disease and promote a healthy lifestyle. You will take control of your health capital and influence the aging process.

Checkup “Gut Microbiote”

The gut is the most important part of our immune system; the intestinal mucosa serves as a protective barrier against pathogenic germs.

The checkup *Gut Microbiote* focuses on the gut microbial flora and its quantitative and qualitative composition. An extensive stool test includes advanced bacteriological analysis, immunologic and inflammatory biomarkers as well as targeted genetic analysis.

The test results can identify altered bowel microflora and evaluate the level of mucosa permeability. Increased intestinal permeability is regarded as an early warning sign of many serious diseases.

You will receive a personalized report and interpretation for diagnostic purposes, including recommendations. These recommendations are the first steps in developing the most appropriate treatments and nutritional therapeutic measures for you. They will help prevent functional digestive disorders from developing, protecting you from endogenous infections and other diseases.



Complementary / on demand checkups

Based on the laboratory results and clinical findings, we can offer you a series of complementary investigations ranging from targeted assessments to consultations with specialists. Given the information of your medical file, we can develop a tailor-made checkup program for you.

Detox therapies

Heavy & toxic metals

Heavy metals such as aluminum, arsenic, cadmium, lead and mercury are poisoning our body. They enter our bodies through air, water or food.

The accumulation of these toxic substances has a direct implication in many mental and physical pathologies, which can degenerate into diseases (cancer, diabetes, infarction, impact on the nervous system, psychological disorders, fertility problems, early menopause, allergic reactions...).

The therapy consists of injecting specific controlled molecules to capture and remove the toxic metals from your organs (chelation therapy). We perform urine analysis before and after injection of the detoxification mixture to detect heavy metal contamination.

This treatment can also be accompanied by a session of ozone therapy, accentuating the in-depth elimination of toxins.

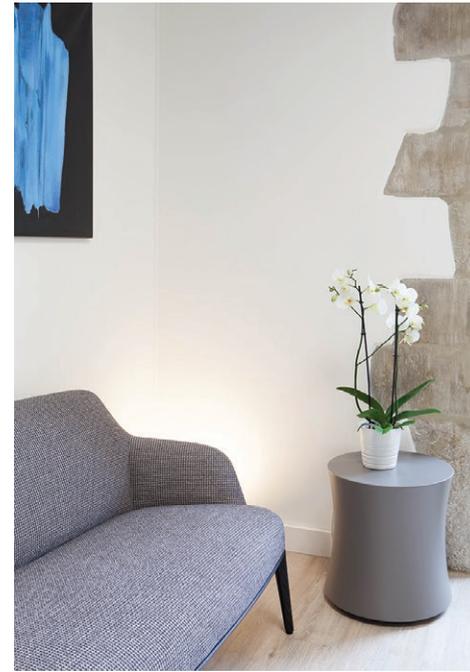
Finally, we provide an oral antioxidant and micronutrient treatment over a 3-month period to sustain the detoxification benefits.

Calcium

With age, blood calcium accumulates on the walls of our blood vessels and facilitates clogging. The circulation of red blood cells transporting oxygen becomes impaired, impacting on all your organs including the heart, brain, kidneys and ovaries or testicles.

Different diseases can then occur: heart infarction, stroke, vision loss, hearing loss and memory problems are just some examples. To maintain good oxygenation of your cells, we remove this calcium from your arteries, while preserving the calcium in your bones.

The solution we recommend is an intravenous perfusion to dissolve deposits of calcium plates. Excess calcium is then eliminated in the urine. Food supplements over a period of 3 months to sustain the detoxification benefits will be provided.



Hormone therapy

Hormonal health

Health also greatly depends on the status of hormones, the messengers which set up communication between organs and the brain.

They play a pivotal role in our bodies. Not only do they ensure a vital function, they also guarantee an equilibrium by maintaining good health and rejuvenation. Hormones are involved in multiple mechanisms, such as sleep, growth, reproduction, sexuality, sugar and fat metabolism and even mood.

With age, health and body functions tend to decrease. Unfortunately, the good hormones decrease faster and faster while inadequate, “bad” hormones increase. Diseases of the body and mind are greatly impacted by imbalances in these hormones. Preventive and anti-aging medicine takes particular care to maintain this balance in order to preserve our health capital.

Our approach to hormonal health is global and it requires a multifaceted approach to rebalancing it. Based on your genetic predispositions and the hormonal indicators checkup results, the fight is carried out on two fronts: hormonotherapy based on natural bio-identical hormones and food supplements (with nutritional adaptation in relation to age).

We optimize – without exaggerating – all hormonal levels to fight observed or anticipated endocrine disorders.

Gut microbiote transplant

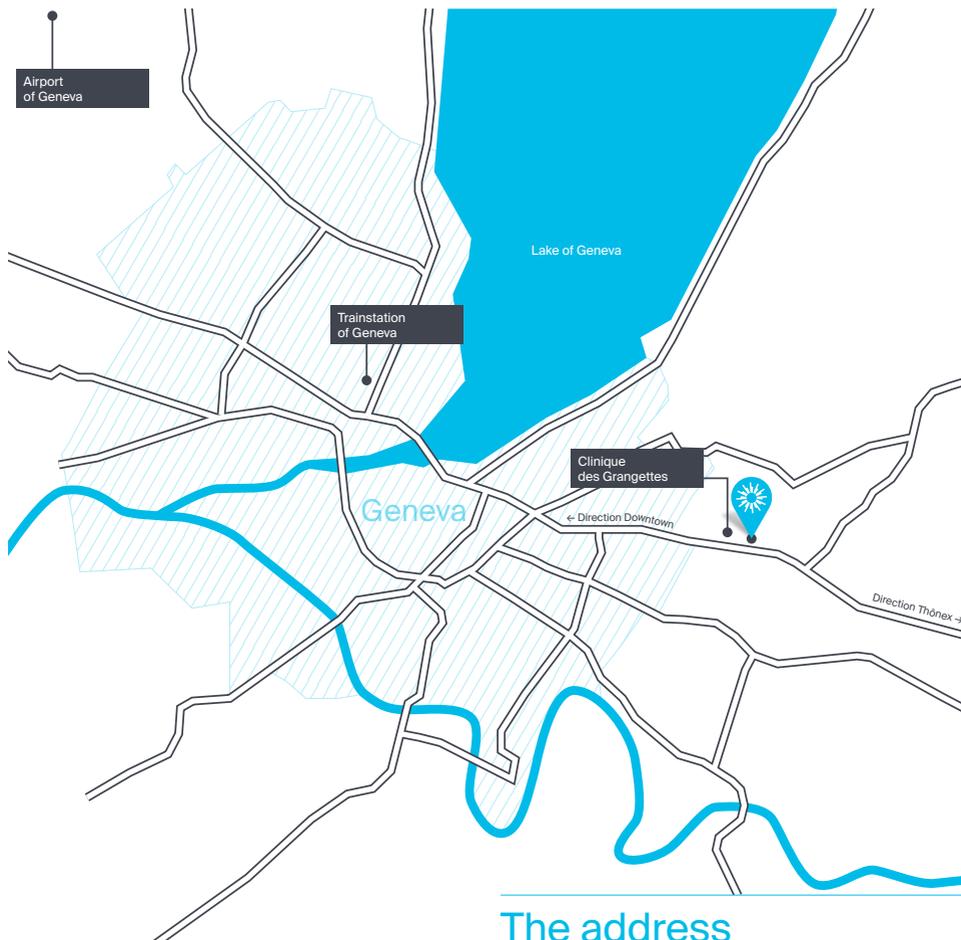
Microbiote rejuvenation

An ecological community of microorganisms is called a microbiote. These communities are present in different sites in our body: the skin, mouth, nose, gut, and urogenital organs. The whole microorganism system is called the microbiome.

The gut microbiote plays an essential role in bidirectional and dynamic communication between our gut and our brain (*the gut-brain axis*), influencing brain function. The gut microbiote also has major implications for heart health (*the gut-heart axis*).

Our rejuvenation treatment rests on a microbiote transplant. Restoration of the youthful diversity of the human microbiome has a major impact on our health and wellbeing. By correcting alterations in the composition and function of the microbiote, we prevent a multitude of inflammatory and autoimmune diseases, metabolic disorders, hormonal involution, neurodegeneration and neuropsychiatric illnesses, among others. It also limits the development of pathogens, thus preventing infectious diseases.

This epigenetic rejuvenation is not only preventive but also has applications in anti-aging medicine. The microbiote exchange can reverse premature aging by re-activating genes from your younger adulthood.



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Good health & living well

Give yourself the opportunity to stay healthy as long as possible.

