



LE MIRADOR
MEDICAL CENTRE





WELCOME TO LE MIRADOR MEDICAL CENTRE

Your body's inherent regulatory forces will naturally bring it to a state of healthy equilibrium, if given the opportunity. It is useless to override the mechanisms of this natural process. With our methods we focus on your individual metabolism with: detoxification processes, tissue purification, intestinal flora balance and immune system support, to obtain your optimal health situation.

For us, being healthy means being balanced physiologically, mentally, emotionally and energetically. The medical treatments offered at Le Mirador Medical Centre are integratives. It combines western medicine with alternative treatments, based on the latest researches and medical technologies. We offer a holistic approach to optimise and balance your individual health and thus enhance your life experience.

Our medical treatments are meant to address your individual and natural mechanisms a self-healing message. They all are based on your initial consultation, which includes a thorough physical examination, comprehensive laboratory tests and a diagnostic evaluation. From your examination and tests results, we will usually be able to find the causes of your uncomfortable feeling and diagnose a possible disease as early as possible. We will use this initial consultation to inform you about the best methods to stimulate, balance and restore your body's health.



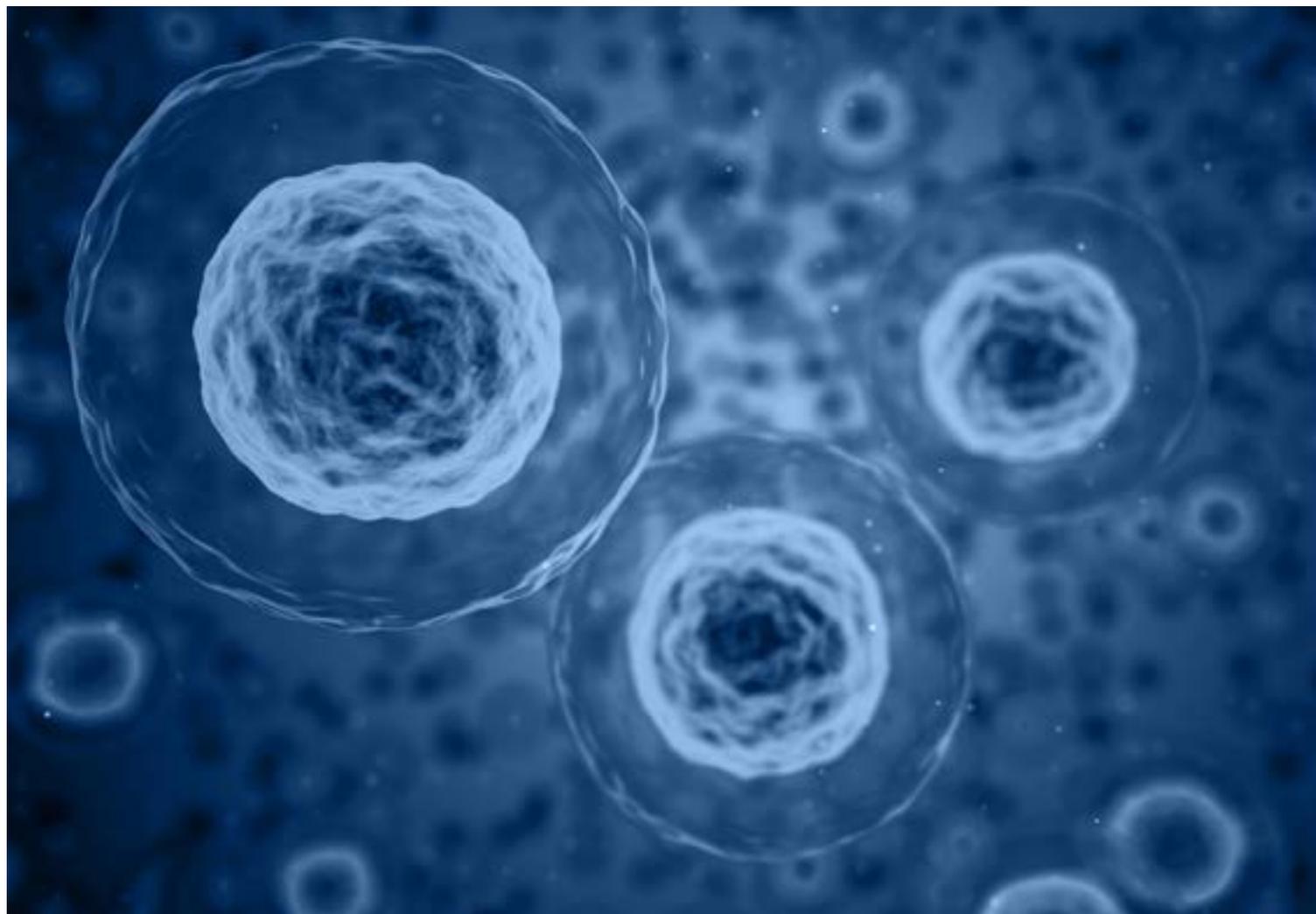
ANTI-AGEING and DETOXIFICATION

«Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.»

World Health Organization

Medical anti-ageing combines the knowledge of general medicine, integrative medicine, micronutrient and endocrinology. It aims to reduce the risk of premature ageing, both psychologically and physically.

Staying healthy longer in life is increasingly important for all of us. And so are growing our expectations in terms of both performance and well-being. Our medical anti-ageing concept assures us the best conditions to age well. Providing the highest care standard, Le Mirador Medical Centre is proud to offer a holistic health approach and proves its benefits both at preventive and curative levels.



EMPHASIS MIRADOR Liver Cleansing Programme

The liver carries out many functions which help to sustain a healthy body. Your liver processes everything you eat, drink and absorb through your skin. It is an essential part of the toxins elimination process; carbohydrates, lipids and proteins synthesis; iron, copper and glucose storage; blood flow regulation; Energy distribution, etc. Its balance is crucial.

Your liver, therefore, is frequently exposed to many harmful substances. Signs of a damaged liver include allergies, malnutrition, high cholesterol and triglycerides level or gallstones.

At Le Mirador Medical Centre we work on your immune system reinforcement. The liver is then one of the main targets in our work. In our Emphasis Mirador Programme we focus our efforts to fight the signs of your weak liver and thus improve your overall vitality.

Our programme includes:

- Check-up
- ECG
- Medical consultation
- 1 Liver Cleansing Infusion
- 3 Mesotherapies
- 1 Wholebody Hyperthermia
- 1 Hydrocolon Therapy
- 3 Local Hyperthermias
- 3 Magnetotron Therapies
- Diet menu

Price, reservation and availability upon request.



ENERGY MIRADOR Revitalisation Programmes

Revitalisation is about improving the quality of life. The natural slowdown of functions leads to impaired reactions of the body especially in the physiological systems such as the immune system, autonomic nervous system, endocrine system, circulatory system and disposal system.

The Le Mirador revitalisation treatments have been developed in Switzerland exclusively for Le Mirador Medical Centre and are extremely well tolerated. They target each organ depending on your needs and their beneficial effects are felt over several months.

In Le Mirador Medical Centre, we use the most advanced technologies and therapies. We have developed the Energy Mirador programmes to help you boost your metabolism, restore your energy and regain balance and serenity.

ESSENTIAL

- 4 Revitalisation Treatment
- 1 Hydrocolon Therapy
- 2 Local Hyperthermias
- 2 Magnetotron Therapies
- 1 Lymphatic Drainage
- Diet menu

INTENSIVE

- 8 Revitalisation Treatments
- 1 Hydrocolon Therapy
- 4 Local Hyperthermias
- 4 Magnetotron Therapies
- 1 Wholebody Hyperthermia
- 1 Lymphatic Drainage
- Diet menu

ELITE

- 10 Revitalisation Treatments
- 1 Hydrocolon Therapy
- 6 Local Hyperthermias
- 6 Magnetotron Therapies
- 1 Wholebody Hyperthermia
- 1 Lymphatic Drainage
- Diet menu

Price, reservation and availability upon request.



ENHANCER MIRADOR Intensive Detox Programmes

Today we're all concerned with toxins accumulation. The cumulative effects of this waste trouble our organism functions and causes tiredness, dull complexion, hair and nails, irritability, depression, low immune system, etc.

The body is usually autonomous in managing its toxins elimination, however an excessive accumulation of those toxins can lead to a physiological and psychological imbalance which doesn't allow this natural elimination anymore.

The causes are numerous: whether needed after an excess of food (festive season for instance), an excess of stress or work (exams, important meeting, etc.), after a disease, or simply because of an unhealthy lifestyle (physical inactivity, tobacco, excess of ready-made food, air pollution exposure, etc.), a detox therapy is welcome to bring new strength to our body.

The Le Mirador Detox treatments have been developed in Switzerland exclusively for Le Mirador Medical Centre. Enhancer Mirador helps you to restore balance to your functions and get back to physical and psychological well-being.

FLASH

Check-up
ECG
Medical consultation
1 Detox Infusion
1 Mesotherapy
2 Magnetotron Therapies
2 Local Hyperthermias
Diet menu

INTENSIVE

Check-up
ECG
Medical consultation
4 Detox Infusions
5 Mesotherapies
1 Wholebody Hyperthermia
1 Hydrocolon Therapy
6 Magnetotron Therapies
Diet menu

BASIC

Check-up
ECG
Medical consultation
2 Detox Infusions
3 Mesotherapies
1 Wholebody Hyperthermia
1 Hydrocolon Therapy
3 Magnetotron Therapies
Diet menu

ELITE

Check-up
ECG
Medical consultation
7 Detox Infusions
7 Mesotherapies
1 Wholebody Hyperthermia
1 Hydrocolon Therapy
9 Magnetotron Therapies
Diet menu

Price, reservation and availability upon request.





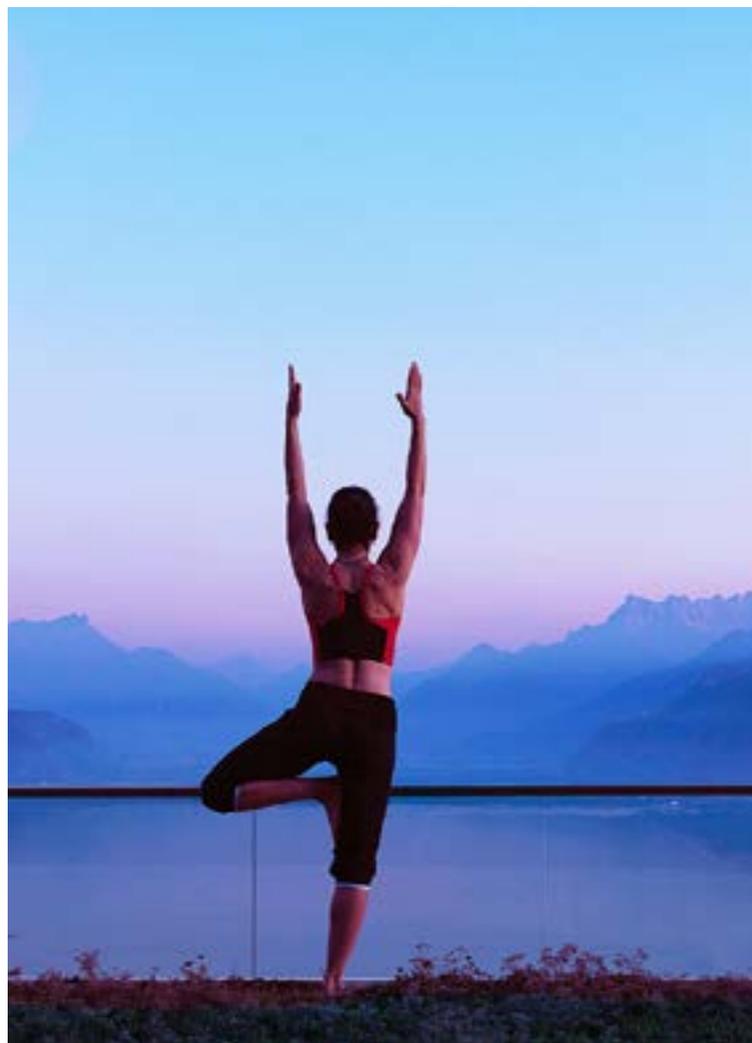
NUTRITIONAL MEDICINE

The primary objective of functional nutrition is to optimize the functions of our cells, tissues and organs in order to improve the health of the patient.

This approach is based on the balance of substances brought by food and supplements into the body. Functional nutrition helps the metabolism to function optimally.

The first step is to advocate the absolute necessity of customising nutritional and dietary recommendations to each person's unique needs in any approach to achieving ideal health. The key is to understand deeply how the whole body functions and the blockages in the system that can occur. Once this is achieved the next step is to eliminate the blockages and restore the functionality of the whole body.

This endeavor begins with the understanding that true health is far more than mere freedom from the symptoms of disease. Rather it is a dynamic state of optimum energy and vibrant well-being in a body whose functions are in maximum biochemical balance and metabolic efficiency.



BASIC

Check-up

ECG

Medical consultation

Dietetic consultation

1 Detox Infusion

3 Mesotherapies

1 Wholebody Hyperthermia

2 Hydrocolon Therapies

3 Local Hyperthermias

3 Magnetotron Therapies

Diet menu

INTENSIVE

Check-up

ECG

Medical consultation

Dietetic consultation

2 Detox Infusions

4 Mesotherapies

1 Wholebody Hyperthermia

2 Hydrocolon Therapies

4 Local Hyperthermias

4 Magnetotron Therapies

2 Gym coaching sessions

Diet menu

Price, availability and reservation upon request.

EFFICIENCY MIRADOR **Weight Management Programme**

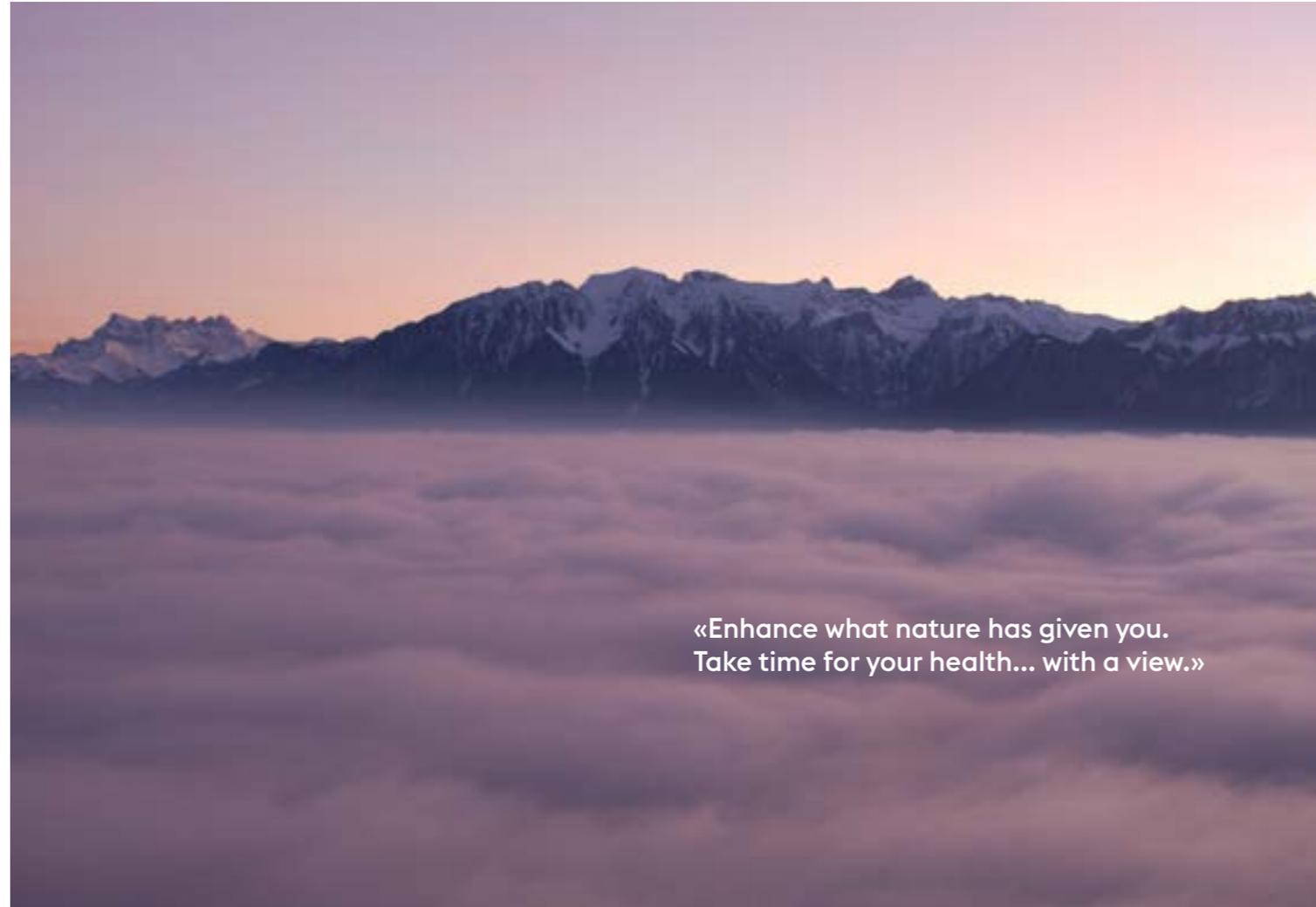
While other diets cause a weight cycling and encourage poor nutrition, our Efficiency Mirador programmes will promote long-term weight loss as well as a healthy and overall change in lifestyle. It aims to be a decisive initiating factor.

Efficiency Mirador allows you to build an optimal defence against some pathologies linked to overweight, like cardiac disorders, hypertension and diabetes.

It is a common misconception that you have to starve yourself and give up the idea of pleasure in order to lose weight. Our philosophy is just the opposite.

With Efficiency Mirador we provide you with a low fat diet still diversified, balanced, tasty and in suitable portions.

Our healthy menus are conceived by our nutrition specialist and elaborated by our Chef and his team. Combined with our medical treatments and private gym classes, it helps you surpass yourself and meet your objectives in terms of weight loss and health balance.



«Enhance what nature has given you.
Take time for your health... with a view.»

AESTHETIC DERMATOLOGY

Our skin is both our largest organ and our interface with the environment. It reflects our inner state. Bright and youthful skin signals both health and vitality. On the other hand, early warning signs from many illnesses manifest themselves through your skin.

To help you achieve your goal, we offer personalised dermatological and anti-ageing checkups as well as a full range of dermatological and aesthetical cares. We believe that an association of different, most up-to-date techniques, scheduled according to each patient's individual requirements will yield the best therapeutic results.

Let us find a long-lasting approach to your health and beauty to enhance what nature has given you.

Our expertise and care include:

- Soft Lifting package
- Wrinkles reduction
- Aesthetic Mesotherapy
- Age and sun spots reduction
- Removal of moles, warts, scars, etc.
- Acne treatments
- Botox and hyaluronic acid injections
- Peeling

CARDIOLOGY

Cardiovascular diseases remain a major cause of death among both men and women. The most common cardiovascular diseases include myocardial infarction, heart failure, stroke and peripheral vascular disease.



At Le Mirador Medical Centre, prevention is the Checkup priority with an early screening of your potential health problems. We will provide a tailor-made assessment of your cardiovascular risks, taking into account a number of factors including: hypertension; cholesterol and blood glucose levels; metabolic syndrome; obesity; sedentary lifestyle; smoking habits; and cardiovascular heredity. All revealed through the most effective technical examinations such as a resting ECG, a stress test and a transthoracic echocardiography.

Following your examinations, an additional and deeper assessment can also be performed if necessary at the Centre Cardio Vasculaire “La Riviera” in Vevey or at the Clinique La Source in Lausanne. If treatment is a necessity, we will make sure that it is done in the most optimal way. You will receive a detailed report from our team and a copy of all examination reports. Our cardiologists remain at your disposal for any further explanation you may need.

Our main goal is to help you to maintain your health, well-being and your inner balance as long as possible or, if necessary, to improve it through measures determined by your needs and wishes.

WE OFFER

- Microbial testing for detection of periodontitis
- Stabilisation of Periodontitis
- Teeth and Subgingival air polishing
- Smile design consultations
- Dental bonding
- Replacements of missing teeth with implants
- Full mouth rehabilitation
- Soft laser for gum contouring
- Teeth bleaching
- Veneers for the correction of chipped, discolored, misaligned, uneven, worn down, or abnormally spaced teeth
- Replacement of Deficient metal amalgams with white fillings



A HEALTHY SMILE

A beautiful smile can make you look and feel great. Research has shown that there is a relationship between poor oral health like gum disease, dry mouth or mouth ulcers and serious sickness's like diabetes, heart disease as well as oral cancer. Your mouth is the gateway to your body and mirrors your body's condition as a whole.

An oral and radiological examination is therefore necessary to evaluate your dentition. We understand that your smile is a reflection of you. With every cosmetic procedure, the patient's individual facial features are examined to create a customised tooth shape to get your perfect smile. We insure that throughout your cosmetic treatment, your smile will be kept intact with laboratory tailored temporary teeth that are designed together with the dentist, lab technician and yourself.

Technological advancements in natural-looking, tooth-colored dental materials make today's cosmetic dental treatments more predictable and durable than in the past. We are now using more conservative cosmetic dentistry techniques to preserve as much of your natural tooth structure as possible. The cosmetic dental treatments are durable, time sensitive and are much less invasive than many traditional treatments. Our patients benefit from fast and efficient treatments, many of them can be completed in one to three simple visits in an exclusive and unique environment.

Our Chief Medical Officer



Dr Didier Amblard

FMH in general medicine

SPEC in:

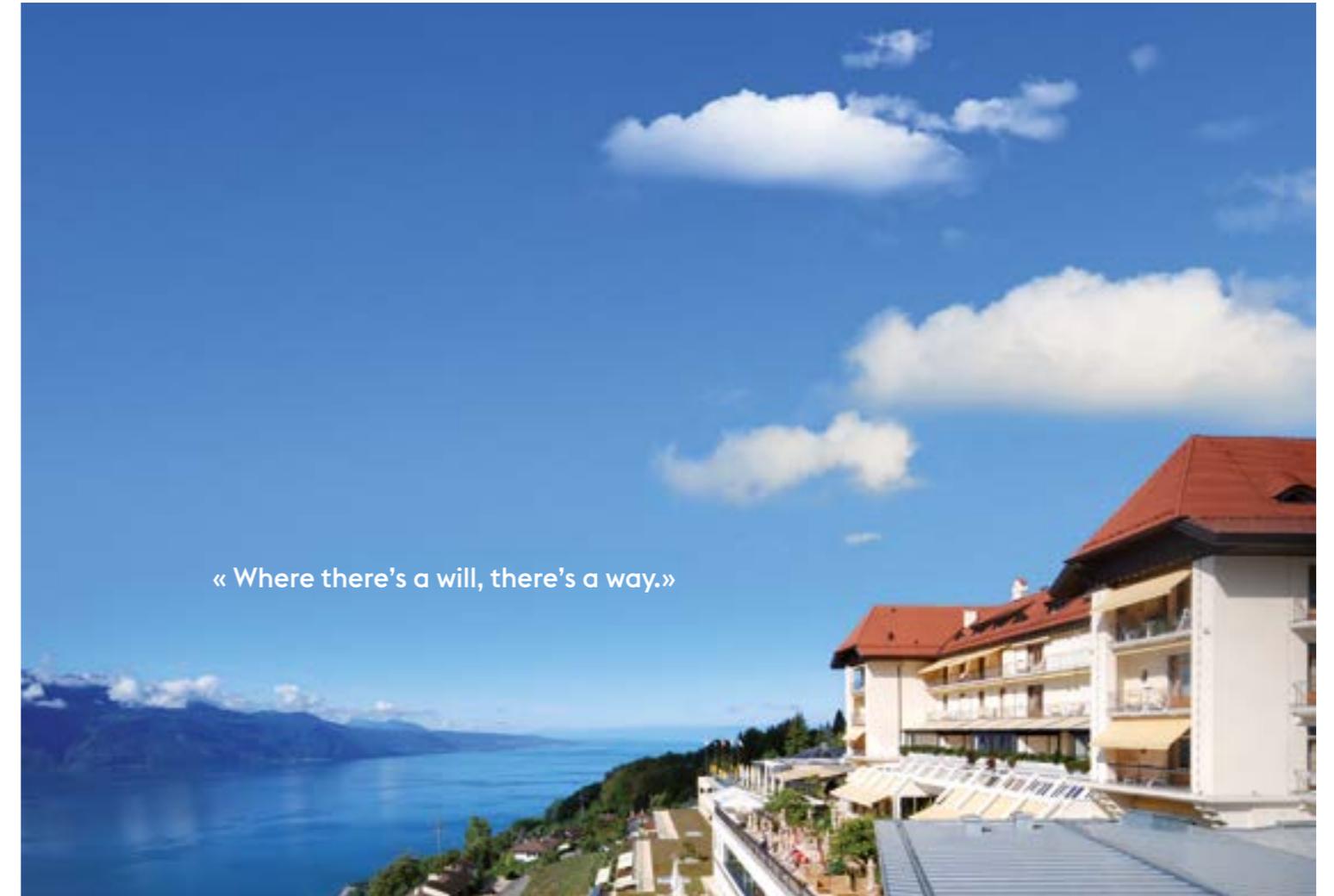
- Anti-ageing medicine
- Revitalisation and Regeneration
- Trauma medicine
- Sports medicine

Dynamic and Polyvalent, Dr Amblard acquired a solid Medical-Surgical education in both France and Switzerland.

Dr Amblard holds a Swiss

Doctorate in General Medicine, a Ph.D. in Sports Physiology and Traumatological Medicine. Since then, he has been in charge of many important local and interna-

tional medical services. Well known in the Anti-Ageing Medicine field, his rich experience and dedication to patients brought us on the same path for your health and wellness.





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