

Prevention and rehabilitation exemplified by the combination of TCM, conventional Western medicine and the therapeutic effect of alkaline Glauber's salt

Foundation for Health Promotion in Bad Zurzach + Baden, Switzerland
Developing prevention and rehabilitation in Switzerland

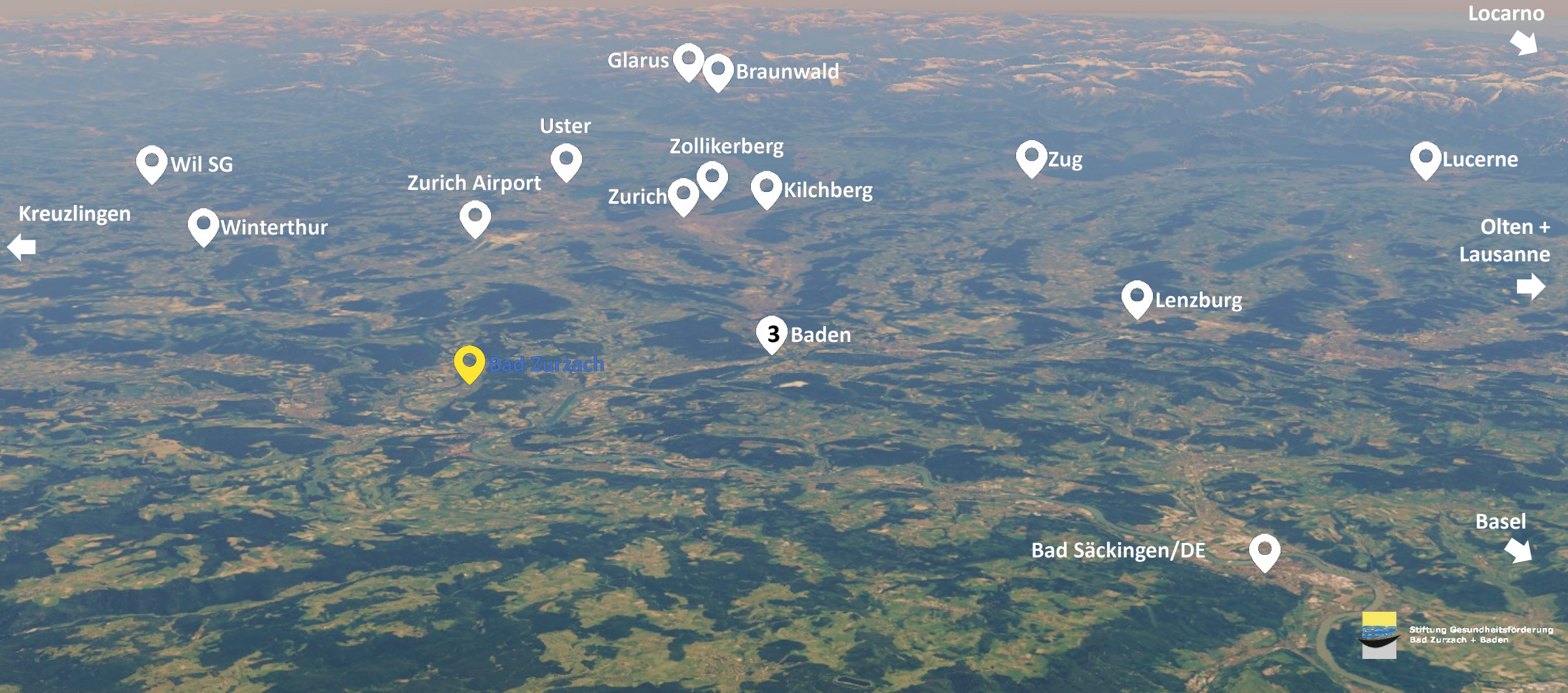
Rainer Blaser, Group CEO of the Foundation and President of TCM Ming Dao AG

5 Novembre 2022



Stiftung Gesundheitsförderung
Bad Zurzach + Baden

All over Switzerland



Group overview





5 September 1955

5 September 1955: The people of Bad Zurzach discover warm (almost 40°C) mineralised water at a depth of 429.6 metres



11 March 1957

The Stiftung Gesundheitsförderung (i.e. Foundation for Health Promotion) Bad Zurzach + Baden, Switzerland is established

Its aim is to:

- a) develop a medical rehabilitation centre
- b) set up a research department, and
- c) develop and operate a thermal bath facility with high-class prevention services

Alkaline Glauber's salt



The Glauber's salt spring in Bad Zurzach flows to the surface from a depth of 430m at a temperature of 39.9°. It then feeds directly into the pools of the Zurzach thermal baths, where it delivers the known beneficial effects on well-being and healing.

- Preventive and pain-relieving
- Bad Zurzach Glauber's salt used in treatment of
 - musculoskeletal disorders (rheumatoid arthritis)
 - neurological disorders (stroke, paralysis, Parkinson's)
 - vascular disease brought on by cancer and tumour diseases as well as chronic pain
- It alleviates rheumatic complaints
 - especially wear and tear of the spine, the joints and soft tissues
- Positive effect on movement and circulatory disorders, as well as on residual paralysis of the central and peripheral nervous system
- Suitable for drinking to treat gallbladder, liver and stomach ailments



Group overview



ZURZACH Care

It is specializing in prevention, rehabilitation and reintegration

To date, both inpatient and outpatient rehabilitation

New focus on the entire treatment chain and new range of services:

- From maintaining a healthy life (prevention and occupational health management) to modern treatment methods, and from evidence-based rehabilitation right through to professional and social reintegration



Thermal baths

Zurzach Thermal Baths



Bad Zurzach
SWITZERLAND

FORTYSEVEN



Baden
SWITZERLAND

Aqualon Spa



Bad Säckingen
GERMANY

25 years of complementary medicine

RehaClinic (now ZURZACH Care) has been working closely with TCM since 1995



TCM research- history and development



Phase 1 (1995- 2005)

- TCM integrated into RehaClinic therapy concept
- Collaboration with Nanjing University of TCM
- Start of TCM research

Phase 2 (2005- 2015)

- TCM rolled out to include outpatient care
- Opening of TCM Ming Dao Centre
- First ISO-certified TCM institute in Switzerland
- Additional locations
- TCM Congress
- Established contact with the WHO Complementary Medicine Division
- Film "20 Years of TCM in Bad Zurzach"

Phase 3 (2015- to date)

- Consolidate TCM in areas of prevention & research
- Offer Bachelor, Master and PhD training in TCM



TCM MING DAO

TRADITIONELLE CHINESISCHE MEDIZIN

Prävention · Therapie · Ausbildung · Forschung

Team

At home

- ZURZACH Care
- Foundation
- TCM Ming Dao / Swiss TCM Academy

National (in contact)

- Department of Clinical Research, University of Basel
- Clinical Trials Centre, University Hospital Zurich

International

- China Academy of Chinese Medical Sciences, Beijing
- Nanjing University of TCM, Nanjing
- Guangdong Pharmaceutical University, Guangzhou

TCM research- areas

TCM can treat over 90 different diseases

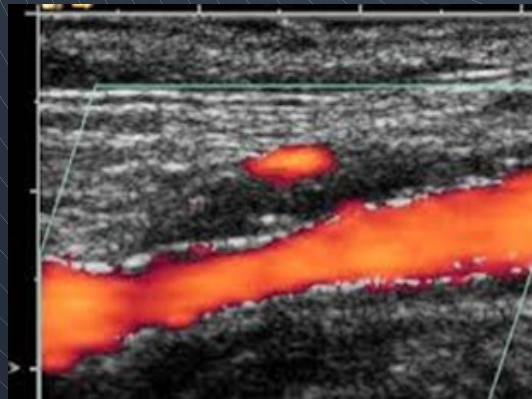
E.g., stroke, dizziness, sleep problems, facial palsy, colds, rheumatism, pain syndrome, sciatica, shoulder problems, pain, fertility problems, depression, menstrual problems, hay fever, tinnitus and sore throats

Research projects at the clinic

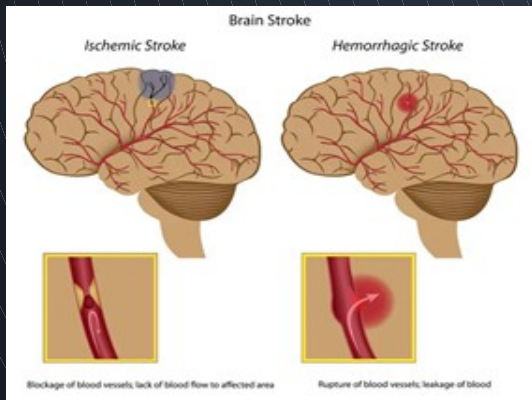
- Prevention
- Rehabilitation
- Standardisation of research: TCM diagnostic methods and therapeutic concepts, e.g. body constitution types, TCM pulse diagnoses, acupuncture points and classic TCM formulations, are researched and standardized in accordance with the principle of fitness for purpose, effectiveness and cost-effectiveness.

TCM research- aims

- Establish and widen the use of TCM as evidence-based medicine alongside conventional Western medicine
- Strengthen the presence of TCM in science and society
- Combine old and new knowledge
- Preserve the knowledge edge in TCM training
- Identify new developments in the relevant fields of medical activity at an early stage
- Promote and ensure quality in clinics and practices



- Clinical presentation
 - Sudeck's syndrome
- Treatment
 - Acupuncture
- Monitoring
 - Subjective
 - Ultrasound (arteries)



- Clinical presentation
 - Cerebral insult
- Treatment
 - Skull acupuncture
- Monitoring
 - Subjective
 - Questionnaire



Anti-aging



Rheumatism



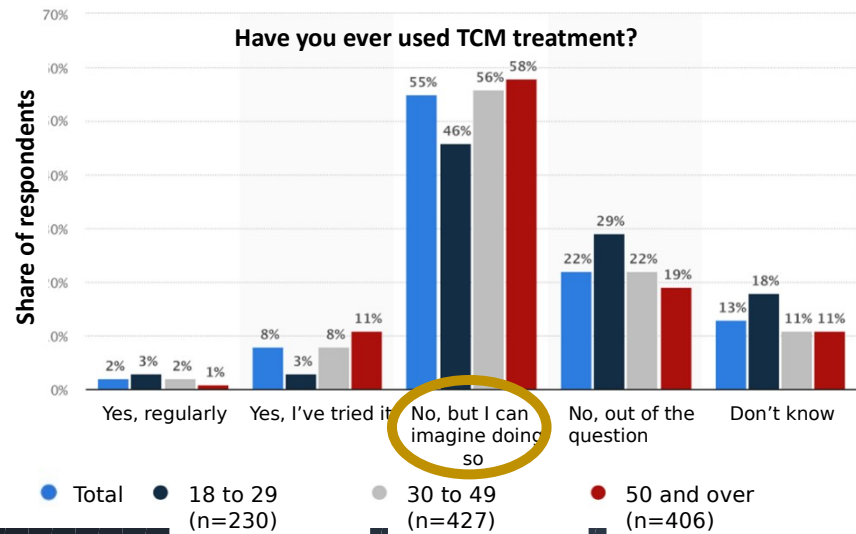
Burnout



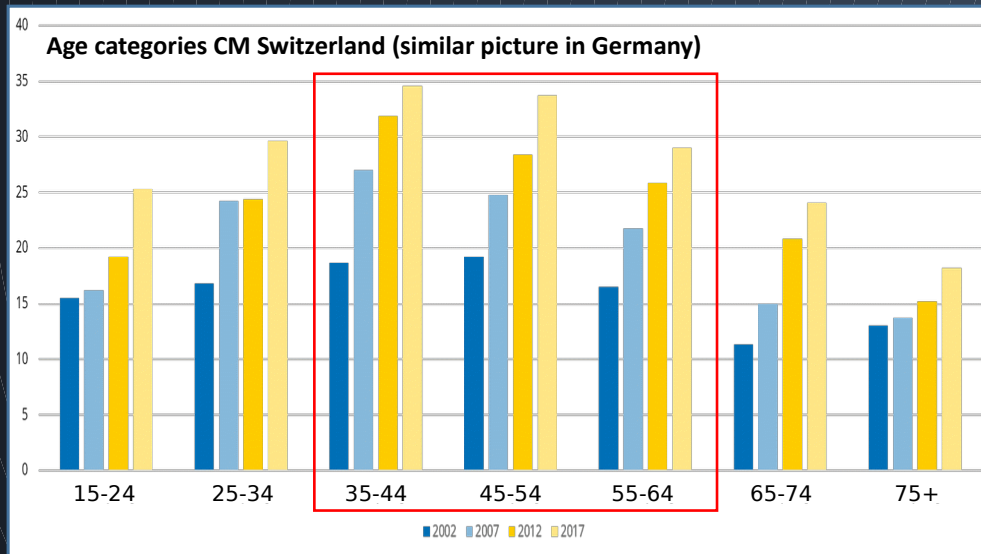
Depression

- Clinical presentation
 - Prevention
- Treatment
 - Thermal bath/TCM
- Monitoring
 - Questionnaire

**Complementary
medicine has been an
established part of the
Foundation Group
since 1995 yet still
offers considerable
potential, including for
growth ...**



The market research shows that the people are, in fact, interested in complementary treatments.

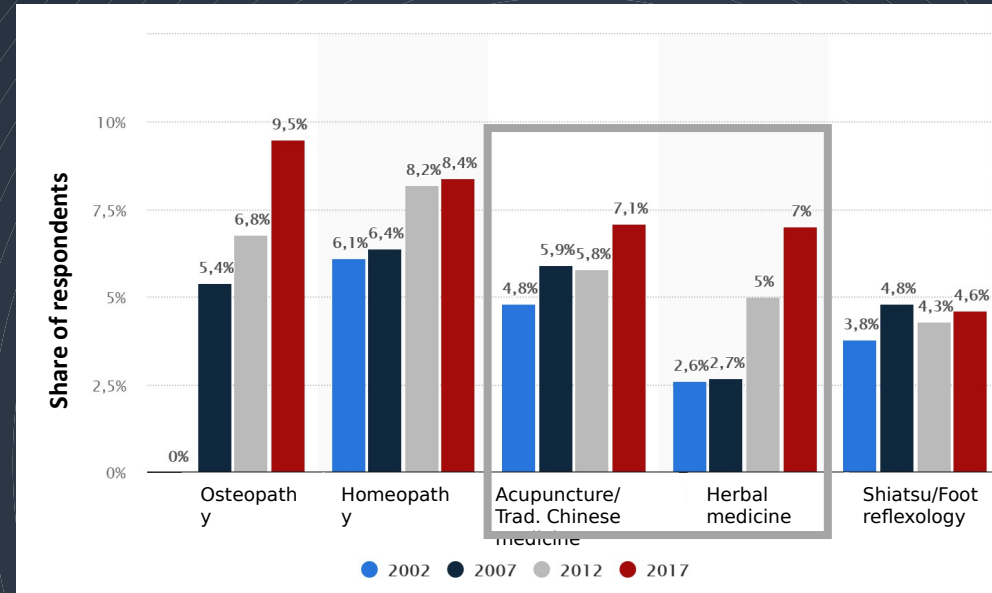


Complementary medicine users are predominantly women, middle-aged (35- to 55-years-old) and usually have a higher level of education and income. The higher the level of schooling and household income, the greater the tendency to use complementary medicine .

Source: Statista (2016a)

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Developments complementary medicine



The Foundation Group is focusing on developing Complementary medicine for the following reasons:

- The market is experiencing positive growth in both areas
- Complementary Medicine recognised by the WHO as health systems
- TCM diagnoses have been integrated into ICD 11, which should enter into force on 1 January 2022. ICD (International Statistical Classification of Diseases and Related Health Problems) is the world's foremost recognized classification system for medical diagnoses
- The health systems have as their basis a holistic approach covering body, mind and soul
- The Foundation Group already has experience in the field of TCM, and patients' costs can be refunded under compulsory health insurance
- Potential for all areas in the group

Source: BFS (2019)

* As no statistics are available on the development of demand for Ayurveda, we have drawn on those for herbal medicine.

Conclusion

FOCUS



Complementary medicine is an important element in seeking to treat the whole person. Complementary medicine embody the holistic approach covering body, mind and soul and therefore play an important role.



The combination of complementary medicine, spa medicine and conventional medicine enables comprehensive treatment in the field of prevention and rehabilitation. The aim is therefore to include complementary medicine and thermal bath treatments as an integral part of the conventional medicine approach from the very beginning.



By investing in complementary medicine, spa medicine and related research projects, the Stiftung Gesundheitsförderung Bad Zurzach + Baden and its Group members aim to provide a comprehensive health promotion service in the future.

Thank you very much for your attention!

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Alkaline Glauber's salt

Therapeutic use of thermal water

Springs whose waters have, or can be expected to have, a scientifically recognised healing effect thanks to special chemical or physical properties qualify as medicinal springs. These chemical or physical properties must be part of their natural composition without having to be added in. They must also be verified by experts in the field and checked every three years by means of a control analysis conducted by the competent cantonal authority.

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TCM research- combined treatment methods

Traditional Chinese Medicine

- Eye acupuncture
- Acupuncture/ear acupuncture
- Acupressure, Tuina and AnMo
- Chinese herbal therapy
- 5 elements nutrition
- Paediatric massage
- Herbal foot bath
- Cupping
- TCM individual exercises
- Tai Chi, qigong, kung fu

Conventional Western medicine (RehaClinic)

- Autogenic training
- Occupational therapy
- Nutritional therapy
- Clinical psychology
- Speech therapy
- Massage therapy
- Pharmaceutical treatment
- Medical training therapy (MIT)
- Neuropsychology
- Physiotherapy
- Progressive muscle relaxation
- Heat therapy
(wraps, parafango)

Research project



Healing and preventive effect of thermal baths & TCM

Collaboration:

- World Federation of Hydrotherapy and Climatotherapy (FEMTEC)
- Guangdong Pharmaceutical University



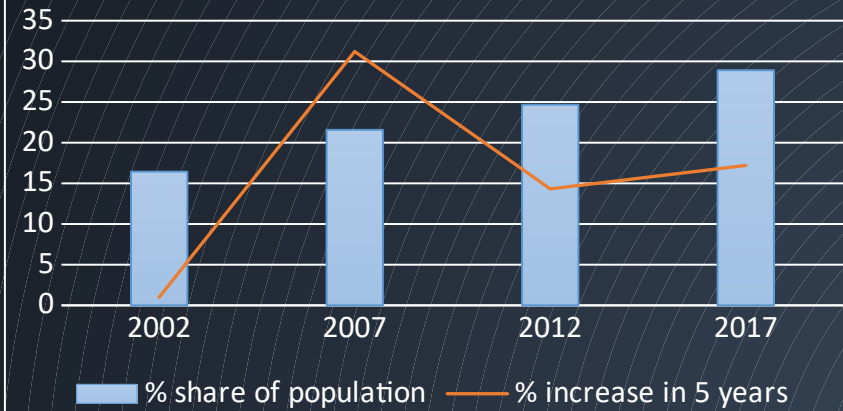
Further development of business area- Complementary medicine

TCM and Ayurveda

- The popularity of complementary, alternative and naturopathic treatment methods is steadily increasing
- Alternative and complementary medicine is particularly in demand among people with chronic complaints
- A positive trend can be observed in osteopathy, TCM and herbal medicine especially

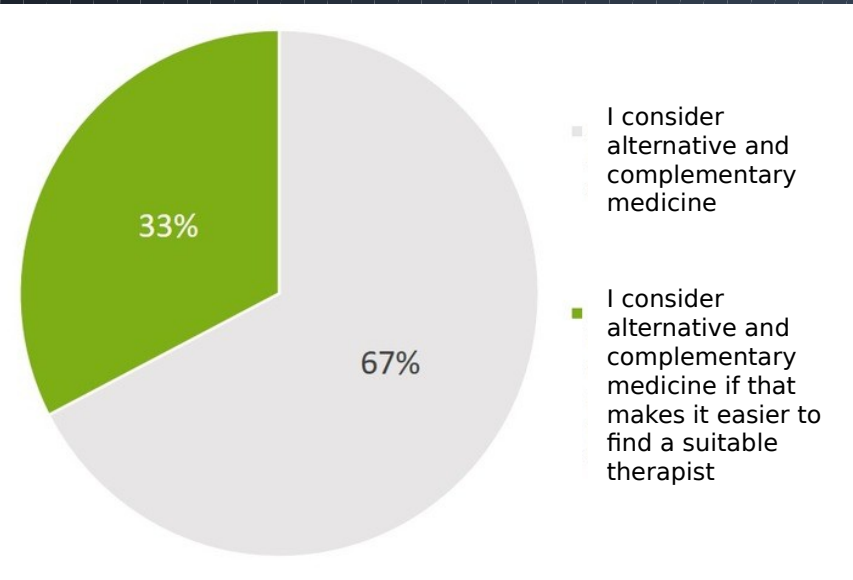


Trend in use of complementary medicine* in %



The FSO statistics show that the use of complementary medicine has increased by more than 10% over the last 20 years to almost 30% of the population.

41% of all Swiss patients with chronic complaints rely on pharmaceutical treatment in combination with alternative and complementary medicine. A total of 32% are happy to be treated exclusively with alternative and complementary methods or medicines. A mere 26% prefer a purely medication-based form of treatment. The main indications are back pain, depression, sleep problems, severe headaches or migraines, and gastrointestinal disorders.



Source: FSO (2019), Coachfrog (2016)

* Including naturopathy, acupuncture, homeopathy, herbal medicine, Shiatsu foot reflexology, Traditional Chinese Medicine, Ayurveda medicine, osteopathy and other therapies.)

Source: FSO (2019), Hoefert, Michalsen & Uehleke (2014), Coachfrog (2016)