

Programs on weight reduction developed by Shloss Mammern Clinic are an exclusive technique on improvement of metabolism, adaptation of organism to physical exercises.

A correct mode of moving activity is an obligatory condition of successful treatment. Physical exercises toning up the central nervous system increase also the activity of internal secretion glands, activity of organism enzymatic systems.

Selecting physical exercises in a special way, we may influence mainly fat, carbohydrate or protein metabolism. Considering specific features, presence of diseases, way of life and the chosen scheme of treatment, experts will pick up 5-6 exercises for you required for normalization of functions of organs diseased of obesity, promoting fat burning and activation of metabolic processes.

If you are interested to lead an active way of life further on (after treatment) and keep the body in an excellent form with the help of physical exercises, if you aspire to full organism adaptation to stresses and physical exercises, experts of adaptive physical culture will train you to use various power complexes promoting keeping of muscle tonus, augmentation of energy potential and rejuvenescence.

According to the state of your organism, a smooth diet will be offered to you.

Perfect accomodation conditions will also promote excellent results. The clinic is located on the Coast of Baden Lake 40 minutes of driving from Zurich. The quay stretching on a kilometer along a cosy bay of lake, and fine neat park of an area of 90,000 square kilometers penetrated by a net of paths of a length of 3.5 kilometers scattering in the different directions - all this is the property of clinic providing maximum of private space for patients.

The same goes when you look at buildings of clinic, you get at once the sensation that a first class, medical center meeting the highest standards settled down in their walls, but not a usual hospital.

The clinic offers comfortable suites for residing, including Junior Suite.