



METABOLOMIC MEDICINE[®]
HEALTH CLINICS FOR AUTOIMMUNE AND CHRONIC DISEASES

Our approach

Metabolomic Medicine is a personalised medicine approach and can be described as neither traditional nor alternative. We believe that medicine is one and whole.

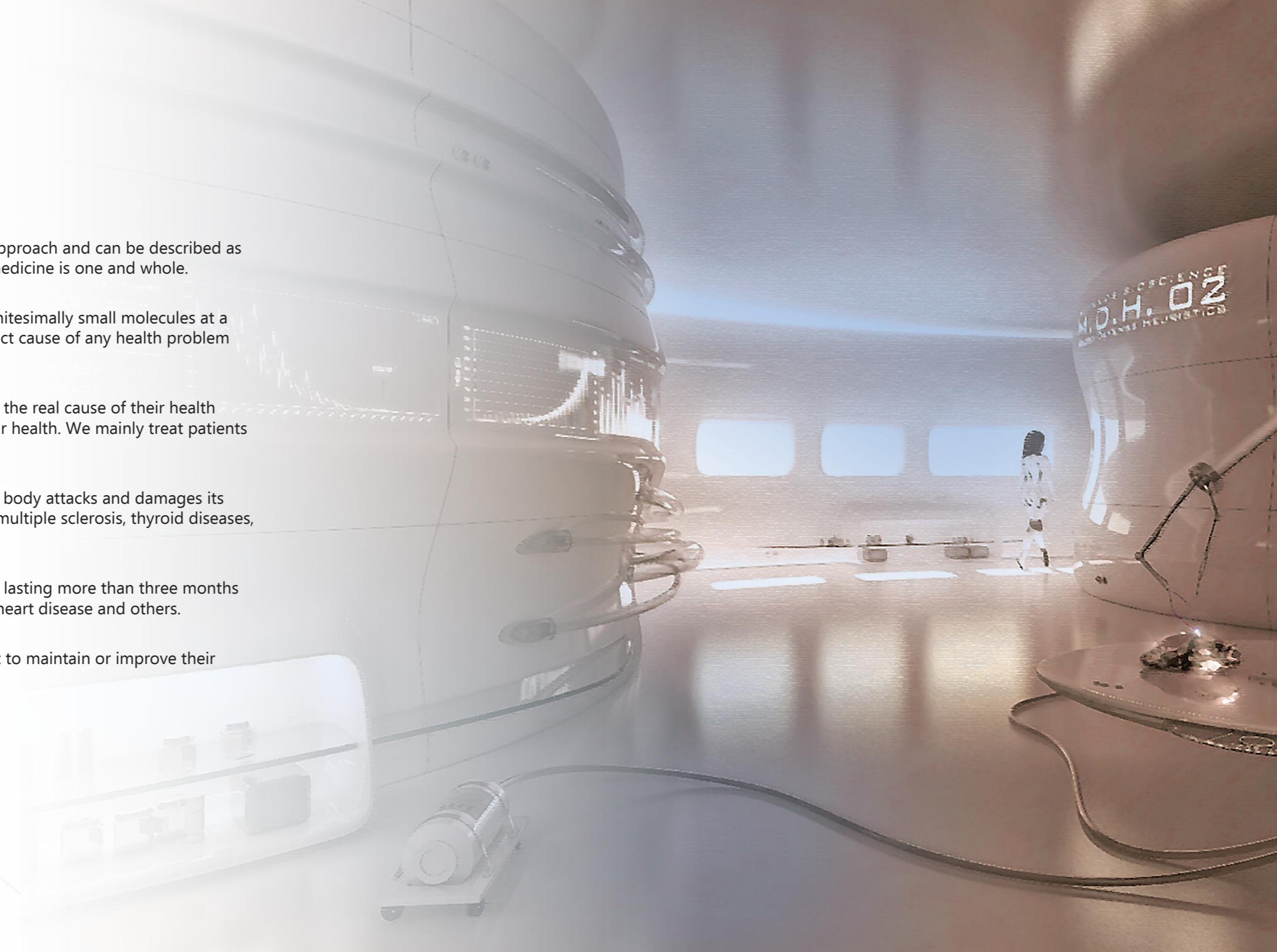
We use state of the art analyses, which measure infinitesimally small molecules at a cellular and genetic (DNA) level that address the exact cause of any health problem and reflect the current health condition.

Patients that reach our health clinics seek to identify the real cause of their health problem and learn what they can do to improve their health. We mainly treat patients that belong in the following categories:

Autoimmune Diseases: these are diseases where the body attacks and damages its own tissues and organs such as in ulcerative colitis, multiple sclerosis, thyroid diseases, rheumatoid arthritis and others.

Chronic Health Problems: these are health problems lasting more than three months such as diabetes, gastrointestinal disorders, cancer, heart disease and others.

Prevention: we address healthy individuals that want to maintain or improve their good health and longevity.





Autoimmune & chronic diseases

Cells are the basic building blocks of a human body, which is composed of trillions of cells. They form the organs and the tissues, take in nutrients from food, convert those nutrients into energy, and carry out specialised functions. Components like minerals, amino acids, proteins, vitamins, enzymes, fat, and carbohydrates are essential for normal cellular function.

Cells seek their energy in the form of food molecules and sunlight. Then they generate energy according to the components they have in stock. The operating condition of our cells reflects our general health status.

But can food in the modern world provide all those important compounds a cell needs in quantity and quality, to construct its tissues and perform the cellular functions for a healthy human body?

Within just fifty years, food has undergone an enormous change due to over cultivation and thus soil depletion is immense. To increase production and meet demand, the use of fertilisers that restore the necessary components of the ground is unavoidable. In no case though can fertilisers provide the 92 elements available in nature.

Conventional cultivations enrich soil using fertilisers containing three critical components for plant growth (nitrogen, potassium, and phosphorus) whereas the best organic crops reach up to merely sixteen.

We are in a condition that modern man is starving although there is an abundance of food. Also, apart from the deficiencies cells present, they are also burdened with toxic substances that should not be present within them. Xenobiotic substances like heavy metals, industrial chemicals, drugs and other toxic elements alter the biochemical balance of the cell.

Gradually, significant deficiencies and toxic accumulation are created at a cellular and molecular level and manifest in the form of a disease or a chronic condition.

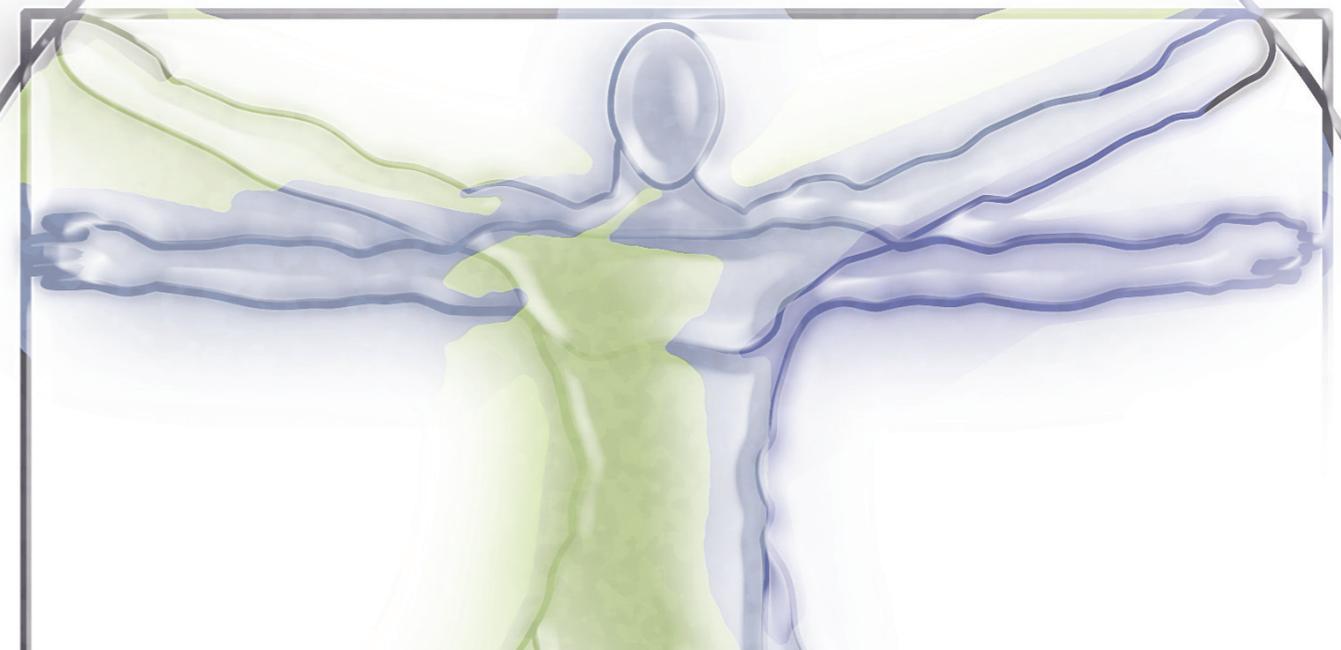
The alteration in the biochemical composition of the cells is accompanied by a change in how those cells are perceived from the immune system. As a result of the above, the body does not recognise its own cells and attacks them.

Depending on heredity, environment, and dietary choices, cells that deviate the most from normal are the first ones to be attacked. That's the reason why in many cases, the body attacks more than one organs or systems.

The main causes for the manifestation of an autoimmune disease are two: cellular deficiency and cellular toxicity. Cells with nutritional deficiencies or exposed to toxic substances malfunction.

Preventing or reversing autoimmunity is about preventing and reversing cellular deficiencies and toxicities and thus restoring natural functioning.

Restoration of healthy cell functions with the use of the recommended nutraceutical and pharmaceutical treatment is the most efficient tool for autoimmune conditions, chronic diseases, and prevention.



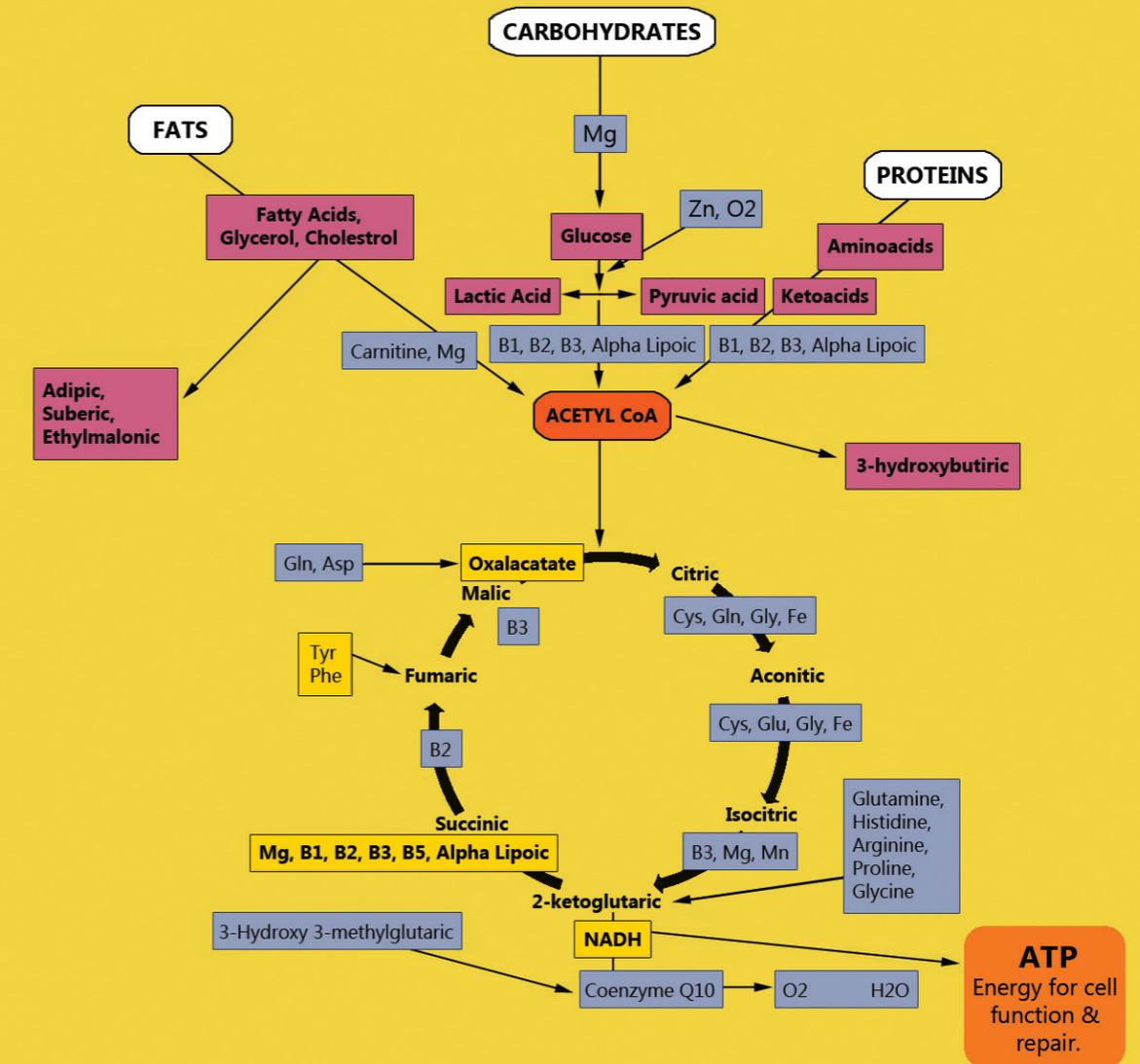
Metabolomic Analysis

Metabolomic analyses are state of the art blood and urine analyses that provide an accurate insight into the current health condition and the precise biochemical status of the cells. Hidden infections, nutritional deficiencies, metabolic imbalances, food allergies, environmental toxins and exposures, and underlying genetic predispositions that can be modified through diet, lifestyle, supplements or medications are measured.

They identify critical data relating to:

- insulin resistance
- lack of vitamins and other essential elements within the cells
- cellular function
- toxic burden
- antioxidant status of the organism
- functioning of the nervous system
- the condition of the intestinal flora
- mitochondrial function
- metabolism of proteins, carbohydrates and fats
- existing predisposition to inflammation
- the existence of acidosis or alkalosis
- essential fatty acid balance (like omega 3 and omega 6)
- and other vital indicators of the current health status of an individual.

Cellular energy production pathways and Co-factors



© Dr. D. Tsoukalas. MD



The conditions addressed are such as:

Thyroid problems (Hashimoto, hypo- or hyperthyroidism)

Gastrointestinal disorders (gastritis, gastroesophageal reflux, colitis)

Ulcerative colitis

Chron's Disease

Cancer

Multiple Sclerosis

Rheumatoid arthritis

Osteoarthritis

Psoriatic arthritis

Ankylosing spondylitis

Diabetes

Obesity

Metabolic syndrome

Dermatological diseases (eczema, psoriasis)

Permeable Bowel Syndrome

Growth disorders

Autism spectrum disorders

Chronic Fatigue Syndrome

Fertility disorders

Allergies

Respiratory problems (asthma, chronic bronchitis, pulmonary fibrosis)

Chronic infections

Osteoporosis, osteopenia

Hormonal disorders

Decreased libido

Sleep disorders

Gynaecological disorders (dysmenorrhea, menopause, polycystic ovary syndrome)

The Metabolomics Medical approach does not conflict with any combined pharmaceutical or homoeopathic treatment. On the contrary, it improves patient's response, compliance and outcome while reduces any side effects that could be part of pharmacological therapies.



Telomeres Analysis

Telomeres are the end part of the chromosomes. Telomere ends serve to protect the DNA. Just like shoelaces tips (aglets) protect a shoelace from unravelling.

When telomeres shorten to critical lengths, the cells senesce and die off. The telomere shortening has been discovered to be the primary cause of human ageing.

Short telomeres have been associated with almost all chronic diseases and appear to be the fundamental and biologically programmed cause of chronic conditions related to ageing such as cancer, heart disease, diabetes and autoimmune diseases.

Through the measurement of the length of telomeres in each organism and each chromosome, we determine the biological versus the chronological age of a person and the propensity for disease. A measurement is performed in all four telomeres in each of the 23 pairs of chromosomes, for a total of 184 telomeres.

Personalised lifestyle interventions, nutrition, correction of nutritional deficiencies, proper exercise and administration of nutraceuticals activate natural cellular repair mechanisms that can reduce or reverse the loss of length of short telomeres.



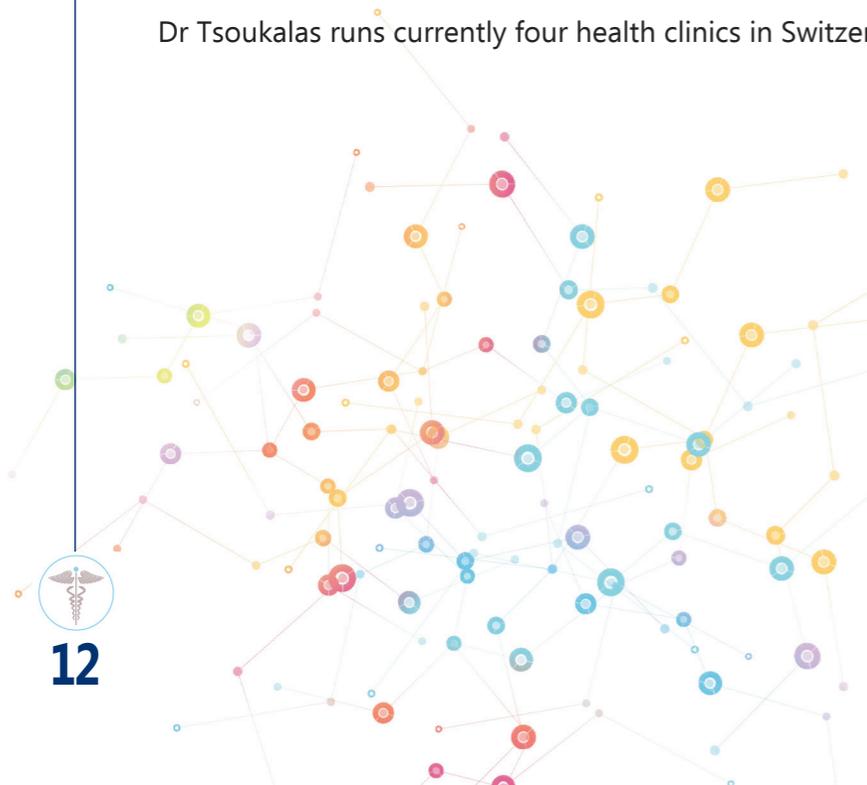
Dr Tsoukalas

Dr Tsoukalas is a medical doctor, researcher, educator, author and leading expert in the application of Metabolomic Medicine in chronic and autoimmune diseases and also the president of Metabolomic Medicine Switzerland AG.

In conjunction with E.I.Nu.M, he created the first online course for the clinical application of Metabolomics in Nutritional Medicine. The course awards 30 credits of Continuing Medical Education and is a vital tool that medical doctors can use to support the health of their patients.

He is a bestselling author and his book "how to live 150 years in health" is translated in four languages English, Italian, German and Greek.

Dr Tsoukalas runs currently four health clinics in Switzerland, Italy, and Greece.



Frequently Asked Questions

How is the treatment? What should I expect from my visit?

In your first visit, one of our medical doctors expert in Metabolomic Medicine performs a medical examination, collects your full medical history and determines the kind of analysis required (metabolomic analyses, telomeres analyses or other).

You also have a detailed discussion with the metabolomic nutritionist expert regarding your nutritional habits and lifestyle. Those are vital data to evaluate your present condition and the analysis results.

A blood draw and urine samples collection are then performed, for the metabolomic and/or telomere analysis. Those samples are then send in our metabolomics and telomere analysis medical and/or university labs.

Your second visit is scheduled within a month to receive the results and also the therapeutic regimens that comprise your health treatment.

At that point you will receive all final lab results.

The analysis results are explained to you and also the necessary steps of your treatment. Your health treatment is formulated according to the deficiencies, dysfunctions and biochemical imbalances that have been traced through metabolomic and/or telomeres analysis.

The treatment consists of the intake of nutraceuticals that are special nutritional supplements, enzymes, amino acids, trace minerals, vitamins and also a personalised nutritional plan to replenish the deficiencies and restore the biochemical balance in a cellular level.

Pharmacological treatment may also be adapted.

Follow-up visits and analyses are scheduled according to your doctor recommendations in 3, 6 or 12 months.

I already see another doctor for my health problem, will that affect the treatment I already follow?

Metabolomic Medicine addresses the organism on a cellular level, therefore, it does not conflict with any other pharmaceutical or homoeopathic treatment. On the contrary, improves the patient's response and outcome while reduces any side effects that could be part of pharmacological treatments while enhances the homoeopathic treatment effectiveness.

What do I need to bring to the appointment?

You should bring a list of all the medicines and supplements you currently take if you do. Available medical records of the last 12months are also very helpful.

I am already working with a nutritionist. Do I need to see one at your office?

We do recommend so, that all our patients see one of our nutritionists. The metabolomic nutrition is, in fact, a nutritional medicine approach and is, in fact, an integral part of your treatment. The review of your dietary habits, lifestyle and your body's response to food it is vital to evaluate the progress of your treatment.

Does Dr.Tsoukalas visit patients;

Usually not. Due to the high volume of patients, Dr.Tsoukalas has thoroughly trained specialised internists or general practitioners in metabolomic medicine to perform all the patient visits on his behalf. Meanwhile, all the therapeutic regimens are being monitored by him.

I am currently on medication will that affect my therapy?

No, most of the medications do not interfere with the metabolomic treatment. There are though certain medications that do affect the success of your treatment like those acting on the central nervous system. Those are psychotropic drugs such as antidepressants, stimulants, and sedatives. Please note we re-evaluate such cases after one year after the completion of treatment.

Does my medical insurance cover the costs?

Usually, they are not covered by health insurance companies' basic services. However, they may be covered by additional insurance, in whole or in part. Either way, we will provide a detailed receipt for services performed for you to submit to your insurance carriers.

I am a medical doctor, and I am interested in learning more to apply metabolomic medicine to my patients.

You can be thoroughly trained in the application of metabolomic medicine to your patients as an additional therapeutic approach because Metabolomic Medicine does not interfere to any traditional or homoeopathic treatment on the contrary it is beneficial. For more information, please contact us at info@metabolomicmedicine.com.





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PATIENT APPOINTMENTS

If you wish an appointment in any of our health clinics, please contact respectively:

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