



*Medical Center*

**CENTER FOR**  
PREVENTIVE MEDICINE & GOOD AGING

THE LUXURY RESORT IN THE ALPS



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Specialist in internal medicine, hematology and oncology



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**Dr. med. Christian Thuile**

*Doctor specializing in natural medicine, food medicine and complementary medicine*

- Born in 1967 in Bolzano
- Medical studies at the universities of Innsbruck, Vienna, Maastricht and Bologna
- Specific training in the fields of food medicine, orthomolecular medicine, acupuncture, sports medicine, phytotherapy, emergency medicine, oncological medicine etc.
- 1995 – 2002: chairman of the International Association of Energy Medicine Doctors
- Until 2002: scientific director of the Energy Medicine Center in Vienna
- 2003 – 2009: medical practice in Lana specializing in food medicine and general medicine
- 2009 – 2017: medical director of complementary medicine service at Merano hospital, specializing in oncology
- Since 2017: doctor at the Quellenhof Medical Center

Further activities:

- Since 2007 advice on radio channels Südtirol 1 and Radio Tirol with weekly health feature
- International conferences, author of many studies and technical publications
- In 2014 he was awarded the Wolfgang Kubelka prize by the Austrian Association of Plant Medicine of the University of Vienna
- Supervisor for degree in acupuncture with the Austrian Order of Physicians

**Dr. med. Christian Maria Raffeiner**

*Doctor qualified in general surgery*

- Date of birth: 1961
- School leaving diploma from Merano liceo scientifico [secondary school with scientific bias]
- Medical studies at the faculty of medicine, University of Innsbruck
- Specialization in general surgery at the University Clinic of Innsbruck with prof. dr. Salcher and specialization in the surgical department of F. Tappeiner hospital in Merano with the head of department Karl Rainer
- Head of general surgery department at Merano hospital
- From 2003 to 2010 he worked at the medical practice in Lana and practiced medicine and surgery at Sant'Anna Clinic in Merano. Specialization in preventive medicine with the academy for promotion of health and prevention
- Since 2010 management and administration of Quellenhof Medical Center

Most important services:

- General surgery and proctology
- Endoscopic diagnostics
- Diagnostics and treatment of colorectal and anal diseases
- Preventive medicine and cosmetic medicine





## PREVENTIVE MEDICINE

Preventive medicine is one of the most important tools for early diagnosis of diseases, as it allows them to be recognized in time and effectively treated. At Quellenhof Medical Center you can have a complete check-up, on the basis of the personal needs identified during an in-depth medical examination. Periodic check-ups give you the tranquility of knowing your state of health and enable us to adopt the preventive measures necessary to maintain and improve your well-being, your health and your quality of life. Because health is our most valuable possession and taking care of it is an investment that always pays.

*Early diagnosis saves lives - prevention improves quality of life*

### **Calm relaxed atmosphere**

We will examine your state of health in a calm relaxed atmosphere and we will show you how to prevent the onset of diseases and how to maintain your health also afterwards, at home.

### **Evidence-Based Medicine**

Our prevention programs rigorously follow the EBM guidelines, i.e. the directives of the various professional associations based on in-depth studies.

### **Time saving**

We plan individual examinations according to the number of examinations recommended and on the basis of your needs, in order to save time.

- The checks can be carried out on an out-patient basis
- or within the framework of a stay at Quellenhof

### **The results will then be clearly analyzed**

and discussed at a meeting with the doctor who will inform you of your objective state of health. You will also receive a personal prevention program.

### **Recall system**

On request we will include you in a specific program so that you can plan in time for your next preventive check-ups. You will be notified of your appointments by post or email.

OUR PREVENTION PROGRAMS

1. BASIC CHECK-UP

A basic preventive check-up should be carried out every year. The list of check-ups depends only on age, sex and previous illnesses.

BASIC CHECK-UP 35+

Check-up for Him and Her under 45

- Detailed medical history and medical examination
- Determination of biological age (Bio-aging)
- Body composition analysis, cardiovascular system, pulmonary function, cerebral function test, muscles and joints
- Basic lab tests: blood test, urine test, stool test, basic hormone test, Back check-up
- Processing of risk calculators
- Discussion of test results and drafting of personal prevention program

BASIC CHECK-UP 45+

Basic check-up for Him and Her over 45

- Detailed medical history and medical examination
- Determination of biological age (Bio-aging): body composition analysis, prostate examination – cardiovascular system, pulmonary function, cerebral function test, muscles and joints
- Basic lab tests: blood test, urine test, stool test, basic hormone test
- Back check-up
- Processing of risk calculators
- Additional lab tests, e.g.: heart failure markers, markers for diagnosis of osteoporosis
- ECG stress test with bicycle ergometer
- Carotid doppler
- Discussion of test results and drafting of personal prevention program

Individual check-up

These basic programs can be modified at a first meeting with our doctors and integrated with further tests according to your specific needs. In this way everyone can have a personal health package.

Company packages

Motivate your employees. Firms pay increasing attention to the health of their staff. With our customized preventive check-ups designed specifically for companies, you will continually increase the efficiency of your staff. We will be pleased to develop customized prevention programs for your employees. We will plan the tests together and decide on the aspects requiring particular attention. On request, the company package can be combined with other programs offered.

2. INDIVIDUAL CHECK-UP

Skin cancer – Prevention

- Detailed medical history
- Computer – Dermatoscopy/body studio
- Meeting to discuss result, recommendations, doctor’s report

Bowel cancer – Prevention

- Detailed medical history and clinical analysis
- Risk – Lab: bowel cancer
- Stool analysis to identify occult blood and M2PK
- Colonoscopy (if appropriate)
- Meeting to discuss result, recommendations, doctor’s report

Prostate – Prevention

- Detailed medical history and medical examination
- Lab tests with hormone analysis
- Identification of oxidative state
- Meeting to discuss result, recommendations, doctor’s report

Cardiovascular prevention

- Detailed medical history and medical examination
- Risk – Lab
- ECG
- Doppler ultrasound of neck blood vessels
- Meeting to discuss result, recommendations, doctor’s report

Osteoporosis – Prevention

- Discussion of detailed medical history and clinical analysis
- Risk – Lab: osteoporosis
- Ultrasound densitometry
- Meeting to discuss result, recommendations, doctor’s report

Nervous stress– Prevention

- Detailed medical history and clinical analysis
- Risk – Lab (stress hormones)
- SNV measurement
- Prognosis
- Meeting to discuss result, recommendations, doctor’s report

Genetic tests for early diagnosis

- Genetic test for chronic diseases
- Genetic test for tumor pathologies
- Genetic test for food intolerances
- Genetic test for food compatibility





## ANTI-AGING

“You age whatever happens!” This is true! But the objective is to age healthily! And here modern anti-aging medicine can make a valuable contribution.

Take advantage of your holiday and lay the foundations for maintaining vitality, efficiency and joie de vivre as you get older.

*“The time to repair the roof is when the sun is shining” (JFK)*

### ANTI-AGING BASIC

For younger people who wish to know the speed of their biological clock.

- Analysis of biological age
- Oxidative state
- Other lab values
- Anti-aging consulting

### COMPLETE ANTI-AGING

For older people who, following precise analysis of their biological age, wish to know how they can positively influence their aging.

- Analysis of biological age
- Oxidative state
- Hormonal state
- Other lab parameters
- Skin analysis and dermocosmetic consulting
- Anti-aging consulting

### AESTHETIC ANTI-AGING

#### Skin check-up

- Oxidative state
- Hormonal state
- Other lab parameters
- Skin analysis and dermocosmetic consulting

#### Vein check-up

- Medical history and detailed analysis
- Doppler ultrasound of lower limb veins
- Consulting

## COSMETIC MEDICINE

### FOR GREATER WELLBEING

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Cosmetic medicine with its applications and treatments makes an essential contribution to a higher quality of life and greater wellbeing. It is important to pay attention not only to bodily and spiritual health but also to our appearance, so that we feel completely at ease with ourselves. The cosmetic medicine department within the Medical Center offers medical-cosmetic treatments and specific holistic methods for preventing and combating the signs of aging.

#### 1. SKIN ANALYSIS

Every treatment begins with a detailed clinical skin analysis and a consulting session. Other diagnostic aids:

- Identification of oxidative state
- Identification of hormonal state
- Stress and SNV analysis

#### 2. INFUSIONS

A deterioration in the state of the skin is often a sign that the body has lost its equilibrium. Stress, for example, consumes vitamins and energy and the consequences are felt throughout, even affecting the metabolism. The infusion of active ingredients at a high dosage stimulates profound regeneration of the organism, and compensates any deficits.

- Infusions with different active ingredients
- Laser infusion

#### 3. AESTHETIC ENDOCRINOLOGY – HORMONE COSMETICS

Aging of the skin is determined by our hormonal balance. If the production of hormones drops, the skin loses elasticity and small wrinkles form. To counter this effect, special creams can be applied containing hormones which act only locally on the skin. The aim of hormone cosmetics is to improve long-term skin quality and slow down aging using purposely enriched hormone preparations.

#### 4. COSMETIC TREATMENTS: **FACE**

##### a. Skin rejuvenation

- Microdermoabrasion
- Mesotherapy
- Microneedling with dermaroller
- Chemical peeling
- Autohemotherapy

##### b. Wrinkle treatments

- With type A botulinum toxin (Botox)
- Medical microneedling and radiofrequency
- Vampire lifting with PRP

##### c. Couperose/Rosacea

- LASER treatment of dilated capillaries

##### d. Benign skin changes

- Unsightly benign skin changes are removed by LASER or surgically under local anesthetic.

##### e. Facial hair removal by LASER

#### 5. COSMETIC TREATMENTS: **BODY**

##### a. Body Contouring (liposculpture)

- Cryolipolysis with original Cooltech

##### b. Spider veins – varicose veins

- Sclerotherapy
- Injection of sclerosing substances

##### c. Permanent hair removal by LASER

##### d. Vodder lymph drainage

#### 6. MEDICAL TREATMENTS

##### a. Excessive sweating – hyperhidrosis

##### b. Acne

##### c. Allergies

##### d. Autoimmune diseases

##### e. Skin cancer – Prevention





## MICRO NEEDLING WITH RADIOFREQUENCY

Micro needling is one of the most innovative techniques for eliminating wrinkles, scars, stretch marks and skin spots. Micro needling also reduces dilated pores, firms the skin and is used for skin rejuvenation.

Field of application: anti-aging, sun-damaged skin, skin with dilated pores, for skin rejuvenation, to reduce wrinkles, according to the skin structure, also with rosacea, treatment of capillaries (option: needling with roller), scars, acne scars, burn scars, correction of irregular pigmentation, liver spots, melasma/chloasma, pregnancy and stretch marks. Micro needling reinforces the physiological collagen production mechanisms by means of CIT (Collagen Induction Therapy). It improves compactness, elasticity and skin tone, restoring the natural turgidity and thickness of the skin.

The first results are visible right after the treatment.

After the micro needling treatment, recovery is immediate or rapid.



## CRYOLIPOLYSIS WITH ORIGINAL COOLTECH

Cryolipolysis is based on a thermal principle, according to which fatty cells are crystallized by freezing. The crystallized fatty cells are considered a foreign body and are therefore identified and eliminated.

With cryolipolysis various critical areas can be treated such as the arms, abdomen, hips and knees. This technique which exploits cryotherapy, i.e. the production and use of very low temperatures, is currently the best alternative to liposuction.

cooltech®





## PREVENTION OF SKIN CANCER

Skin cancer is one of the most frequent types of tumor, yet it is one of those most easily avoidable by prevention. If promptly identified, the recovery rate is almost 100 %. Regular skin screening is therefore of fundamental importance.

Optical microscopy (dermatoscopy) is the most accurate examination for early diagnosis of skin cancer. With this examination, even the deepest skin layers can be inspected, magnifying them ten times, and relatively reliable evaluations can be made. In the Medical Center we use computer dermatoscopy, a further evolution of the optical microscope.

In our **body study photography**, a videocamera equipped with optical microscope provides digital images which can be analyzed on the computer screen by means of a specific software and saved. In this way skin changes can be monitored over time and documented.

With this modern technique, in many cases benign changes can be distinguished from malign ones, thus reducing the need for removal of skin areas in the case of a suspect tumor.





## GENERAL SURGERY

In the field of general surgery, we focus firstly on diseases of the abdominal cavity and abdominal wall, but also on operations on the thyroid, soft tissues and skin. We offer the following services:

- **Diagnosis and treatment of abdominal pathologies**
- **Out-patient surgery with local anesthetic:**
  - Treatment of acute and chronic wounds
  - Treatment of abscesses
  - Torn earlobe repair surgery
  - Surgery for ingrowing nails
  - Removal of cutaneous, subcutaneous and muscular lesions such as moles, skin tumors, sebaceous cysts, small lipomas and similar (the tissue samples always undergo microscopic examination)
  - Small ventral hernias
  - Small bowel operations
  - Lymph node biopsy
  - Biopsy and treatment of coccyx cysts
- **Operations under total or partial anesthetic at Villa S. Anna clinic in Merano:**
  - Inguinal and ventral hernia surgery
  - Laparoscopic gall bladder surgery
  - Thyroid surgery
  - Removal of large cutaneous, subcutaneous and muscular lesions
  - Hemorrhoid surgery

## STOMACH AND BOWEL HEALTH

### DIAGNOSIS & THERAPY

Functioning of the bowel is vital for our wellbeing, both physical and mental. If our digestion is working properly, we feel well as a whole. If the bowel is not functioning as it should, almost always indicating problems with the intestinal flora, it is not able to absorb important nutritional substances from our food intake. Consequently, even with a healthy diet, the organism is lacking in important vital substances, for example vitamins and oligoelements. The nutrition and therefore the health of our cells depend on functioning of the bowel. In addition, the bowel produces 80 per cent of the immune system cells. It is therefore important to take care of it, identify any problems, even if minor, and have them treated. In the Quellenhof Medical Center we look after your bowel and offer various services focusing on stomach, bowel and digestion:

- **Food intolerance tests**
  - Intolerance to lactose, fructose, sorbitol
  - Intolerance to gluten (celiac disease)
  - Histamine test
- **Diagnosis and treatment of irritable bowel syndrome**
- **Diagnosis and treatment of chronic constipation**
- **Analysis of digestive activity**
  - Measurement of intestinal transit
  - Enzymatic test
  - Genetic analysis of foodstuffs
- **Search for pathogenic agents and parasites**
- **Microbioma analysis**
- **Restoration of intestinal flora**
- **Fecal bacteriotherapy**
- **Hydrocolon therapy**

### EARLY DIAGNOSIS OF CANCER OF THE COLON

Almost all carcinomas of the colon originate from benign preliminary stages, polyps or adenomas, which can be identified and removed by colonoscopy. This early diagnosis therefore occupies the most important role in the fight against cancer of the colon. In general, screening for early diagnosis of cancer of the colon should be performed regularly from the age of 45.

- Colonoscopy is considered the standard reference today, as in the past. To eliminate most of the more unpleasant aspects, in our medical center colonoscopy is performed according to the "soft colonoscopy" guidelines.
- The FOBT (fecal occult blood test) is not necessary in persons who undergo regular colonoscopy.
- Genetic analysis and consulting in the case of suspect hereditary cancer of the colon.

## ENDOSCOPY

For identification and early diagnosis of gastrointestinal pathologies, the most important tests are gastroscopy and colonoscopy.

The Quellenhof Medical Center team has a decade of experience in this sector (over 1,000 endoscopies per year). The latest Storz videoendoscopes are used. Surgery hygiene is carried out according to the international directives and is continuously monitored. Disposable instruments are used for endoscopic surgery. In addition, great importance is given to the fact that the tests are performed in a calm relaxing atmosphere, avoiding discomfort as far as possible.

### GASTROSCOPY

This diagnostic instrument is used to examine the esophagus, stomach and duodenum. The examination is not painful. What is often unpleasant is the choking sensation. A local anesthetic is therefore sprayed in the pharyngeal region and if this is not sufficient, the patient is given a tranquillizer injection. Normally tissue samples are taken to test for bacterial invasion of the mucous membrane (*Helicobacter pylori*).

The examination usually takes 10 to 15 minutes. After a pause, as required, the results are discussed and, if necessary, a therapy is prescribed.

#### Gastroscopy is recommended for example for:

- Problems with swallowing
- Heartburn
- Persistent cough resistant to treatment
- Nausea and vomiting
- Pain in the upper part of the abdomen, pain in the chest
- Black feces (so-called tarry stools)
- Anemia
- For cancer screening in families with previous histories of gastric tumors

### COLONOSCOPY

Colonoscopy is used to examine the colon and opening of the small intestine into the colon. To eliminate most of the more unpleasant aspects, in our medical center colonoscopy is performed according to the “soft colonoscopy” guidelines:

- Detailed explanation of the examination to put the patient at ease.
- Illustration of the various bowel cleansing options according to the patient’s requirements.
- Examination performed in a state of drowsiness obtained by intravenous injection of a tranquillizer.
- On request, administration of stronger anesthetics that produce deep sleep under the guidance of an anesthetist.
- Insufflation of carbon dioxide instead of air to distend the bowel. CO2 is eliminated 150 times quicker and therefore causes much less bloating and cramp.
- Monitored period of rest in a dedicated room.

#### A colonoscopy is recommended in the following cases, for example:

- screening for intestinal cancer after the age of 45
- change of bowel habits (constipation, diarrhea)
- diarrhea resistant to treatment
- accumulation of blood or mucous in the stools





## PROCTOLOGY – DISEASES OF THE RECTUM

### FOCUS ON THE ANO-RECTAL TRACT

Proctology deals with changes in the final portion of the colon (rectum and anus). Disorders in this area are very frequent; over 50% of adults are affected during their life by a disorder of the ano-rectal tract.

Disorders include itchiness, smarting and pain, blood, wet rash, sensation of pressure in the ano-rectal tract and even incontinence. The majority of these disorders are chronic or recurrent. For many people the anal area is a taboo but at the Quellenhof Medical Center we can provide effective help.

### DIAGNOSIS

The diagnosis is normally performed by means of a simple painless examination with the patient lying on his/her left side or in gynecological position.

The examination also comprises an anoscopy (endoscopic observation of the anal channel).



### TREATMENTS

Many of the problems listed below can be treated without surgery. If surgery is necessary, it is performed mainly on an out-patient basis with local anesthetic and further sedation.

- Anal eczema
- Skin tags (excess skin on the anus)
- Perianal venous thrombosis
- Anal fissures
- Condyloma (Condyloma acuminata)
- Anal abscesses
- Anal fistulas
- Intestinal polyps in the ano-rectal tract

More extensive surgery, requiring partial or total anesthesia, is performed on a day hospital basis or with admission to a private clinic in Merano.

### SYMPTOMATIC HEMORRHOIDS

Treatment is according to the following grades:

Grade I: sclerotherapy

Grade II: Barron banding

Grade III: Milligan-Morgan resection of hemorrhoidal nodes

Grade IV: Longo operation (overlapping technique) in a private clinic

### COCCYX CYSTS

Coccyx cysts are treated after consulting medical records and the clinical report:

- On an out-patient basis with local anesthetic: pit picking operation
- Admission with local anesthetic: Karydakís procedure



## ANGIOLOGY – VASCULAR DISEASES

### ARTERIAL SYSTEM

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Hardening of the arteries (atherosclerosis) leads to heart attack, stroke or circulation problems in the lower limbs and is the most frequent cause of serious illness, need for care and death in the industrialized countries. Prevention and treatment of atherosclerosis is therefore one of the most important sectors in preventive medicine.

- **Prevention package: Arteriosclerosis**
  - Detailed medical history and clinical analysis with measurement of ankle-arm index (Windsor)
  - Identification of risk factors (Procam score)
  - ECG
  - Doppler ultrasonography of neck blood vessels
  - Meeting to discuss result, therapeutic recommendations, doctor's report
- **Identification and treatment of risk factors**
- **Color doppler sonography of neck blood vessels and arteries of the lower limbs**
- **Cardiological check-up (consultation with specialist)**
- **Conservative therapy of circulation disorders**
  - Infusion therapy
  - Oxygen therapy
  - Laser treatment





## VENOUS SYSTEM

At the Quellenhof Medical Center we offer tests and complete treatments for all acute and chronic venous pathologies.

- **Vein check-up**
  - Medical history and thorough clinical examination
  - Doppler ultrasonography of lower limb veins
  - If necessary, lab test for thrombosis risk, analysis
  - Meeting to discuss results, therapeutic recommendations, doctor's report
- **Thrombosis risk – analysis and prevention**
- **Color doppler sonography of lower limb veins**
- **Identification and treatment of venous diseases**
  - Spider veins  
*Obliteration therapy with Aetoxysklerol, laser treatment*
  - Varicose veins, varicose branches  
*Removal under local anesthetic (phlebectomy)*
  - Sclerotherapy of varicose veins and varicose saphenous vein  
*Stripping – surgery in partial or total anesthesia*  
*The operation is carried out on a day hospital basis at the S. Anna private clinic, in Merano. On request, care and support after the operation during a stay at Hotel Quellenhof.*
  - Deep vein thrombosis (DVT)  
*Rapid test: D-Dimer – Doppler ultrasonography*
  - Chronic venous insufficiency and “leg ulcer”



## LYMPHATIC SYSTEM

Non-identified swelling of the legs is often caused by lymphedema, which must be distinguished from venous diseases by differentiated examinations.

We offer the following services in this area:

- **Identification of so-called “leg ulcer”**
- **Treatment of lymphedema**
  - Infusion therapy
  - Manual lymph drainage according to the Vodder method and compression therapy
  - Exercise groups

## LIPPEDEMA

The little known lipedema must be distinguished from lymphedema of the legs. It is a progressive disease of the fatty tissue which consists in an atypical and asymmetric formation of fatty deposits on the sides of the hips and thighs. In a subsequent stage the disease can also affect the legs, arms and nape of the neck.

The further deposit of liquid in these fatty deposits often causes pain and the tendency to bruising. Lipedema occurs almost exclusively in women after adolescence, following a pregnancy or during the menopause. The cause is thought to lie in hormone imbalances and genetic predisposition. Lipedema is not a consequence of being overweight – in this case diet and movement hardly ever improve the clinical picture.

Treatments

- **Lymph drainage according to the Vodder method and compression therapy**
- **Cryolipolysis**
- **Liposculpture surgery (consultation with specialist)**



## VITALITY MEDICINE

### TIME PASSES, HEALTH REMAINS

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By the term good aging we at Quellenhof Medical Center mean a slow aging process characterized by good health, balance and harmony.

Our alternative medicine services help you to remain healthy and full of vitality also in the third age. In fact, health in the third age is one of the cornerstones in the concept of good aging. Ageing is a natural process that should not be concealed with exaggerated anti age treatments, but tackled with specific measures to maintain health, physical efficiency and wellbeing. Those who have a positive attitude to life and its stages and keep fit by taking care of their health do not need to fear the onset of old age. Appropriate check-ups at the right time enable you to identify risks and diagnose any diseases early, helping you to maintain your body in good health at any age.

### DETOX AND PURIFICATION

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A detoxifying diet is able to cleanse the body of harmful substances that accumulate over time and is particularly beneficial for organs like the liver and kidneys which, once deacidified and detoxified, can resume their functions more efficiently. At the Quellenhof Medical Center we offer various services for purifying the body, comprising detoxifying diets and detox treatments, to help you improve your wellbeing. Effective detoxifying treatment takes account of important elements like diet awareness, specific food supplementation and the elimination of toxic substances like amalgam and heavy metals. The result is a feeling of lightness and general improvement in health

- Acupuncture
- Amalgam removal
- Alkalizing supplements for the liver
- Bioelectric impedance analysis (BIA)
- Bloodsucker therapy
- Hydrocolon therapy
- Colon irrigation
- Therapeutic hyperthermia
- Personal diet plan
- Cryotherapy
- Intravenous laser
- Metrix – Body fat measurement
- Ultrasound scan of upper abdomen
- Papimi
- Pneumatron massage
- Prognos®
- Oxygen therapy
- Special lab tests
- Heavy metals test



## DIET AND WEIGHT

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Eating disorders can have an extremely negative impact not only on body weight but also on quality of life more generally. At the Quellenhof Medical Center we offer concrete support to combat eating disorders, helping you to reach your ideal weight without frustration and without excessively depriving yourself, thanks to the combination of a balanced diet and healthy physical activity.

A healthy diet and physical exercise are among the most important factors not only for reducing body fat and maintaining the right weight, but also for guaranteeing the correct physiological functions necessary for good health. With our help, you can improve your lifestyle, achieving the right mix of healthy diet and physical activity. You will soon see the results: weight loss, release of endorphins and a greater sense of satisfaction and self-esteem.

- Bioelectric impedance analysis (BIA)
- IgE test (allergies, food, additives)
- Histamine test
- Personal diet plan
- Metrix – Measurement of body fat
- Lactose, fructose and sorbitol intolerance test
- Complete Minerogram
- Test for celiac disease
- Measurement of resting metabolic rate (RMR)
- Exercise program
- Bioelectric impedance analysis (BIA)
- Genetic analysis
- Metrix – Measurement of body fat
- Personal coaching
- Weight reduction program



## ENERGY & BALANCE MEDICINE

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### For better equilibrium

Energy medicine deals with the body's energy balance, which can be affected by numerous factors such as diet, habits and lifestyle. Our relationship with ourselves can also influence our energy balance.

At the Quellenhof Medical Center we offer a range of services in the field of energy and balance medicine. Thanks to the Prognos® system we are able to determine each patient's personal energy balance and implement measures designed to improve it, helping the person to develop greater awareness of his/her energy. Using lab tests, we exclude any organic causes underlying lack of energy and then take corrective action.

Oligoelements, vitamins and other nutrients play a key role in energy medicine and their levels are constantly controlled and analyzed to promptly deal with any deficiencies. In addition, the University of Graz has recently developed an innovative food supplement which in South Tyrol is available exclusively at Quellenhof Medical Center. This supplement acts directly on the adenosine triphosphate (ATP) in the cells, immediately boosting performance and energy levels.

- Acupuncture
- ECG
- Energy medicine check-up
- Therapeutic hyperthermia
- Intravenous therapy
- Intravenous laser
- Massage
- Papimi
- Pneumatron massage
- Prognos®
- Sanopol
- Oxygen therapy
- Oligoelement scan
- Spirometry
- Swing
- VNS – Measurement of equilibrium of vegetative nervous system
- Bioelectric impedance analysis (BIA)
- Energy medicine check-up
- Hormone analysis
- Physiotherapy
- Pneumatron massage
- Special lab tests
- SwingMed



## PREVENTION AND TREATMENT OF BURNOUT SYNDROME

### A solution to work-induced stress

Prevention of burnout and treatment of its effects are becoming increasingly important in medical terms, due to today's hectic pace of life. At the Quellenhof Medical Center we deal with these issues in detail. The term burnout describes a condition of emotional exhaustion, associated with overwork and increase in perceived stress levels. Our efforts focus in particular on prevention of burnout, as early diagnosis of the symptoms correlated with the syndrome is the first step to effective treatment. If burnout symptoms are already evident, we offer holistic therapy to support the patient.

- Acupuncture
- Autohemotherapy
- Hormone analysis
- Therapeutic hyperthermia
- ImmunoD-therapy
- Cryotherapy
- Intravenous laser
- Massage
- Physiotherapy
- Prognos®
- Resilience
- Sanopol
- Oxygen multistep therapy (vegetable)
- Special lab tests
- Spirometry
- Hyperbaric oxygen therapy
- UltraCur
- VNS – Measurement of equilibrium of vegetative nervous system
- Complete Minerogram



## GENETIC MEDICINE

### Early diagnosis of genetic diseases

Genetic diseases are pathologies triggered by a mutation of the genes or an alteration of the chromosomes and are hereditarily transmitted. According to the type of genetic disease, early diagnosis can save lives. At the Quellenhof Medical Center we know the importance of prompt diagnosis of genetic diseases and we are the only centre in South Tyrol to offer genetic analysis for early identification of these pathologies.

In collaboration with one of the most advanced research and genetic analysis laboratories in Europe, we can determine your predisposition for certain pathologies and the probability of them becoming worse. We are therefore able to provide you with concrete support in prevention and treatment of diseases, referring you to specialists well-known in their fields of specialization.

- Genetic analysis for chronic diseases
- Genetic analysis for tumor pathologies
- Genetic analysis for diet compatibility





## NATURAL MEDICINE

### USING THE FORCE OF NATURE TO BOOST HEALTH

With its holistic approach, natural medicine offers a range of effective therapeutic methods to complement and support conventional medicine. Working on aspects like physical exercise and diet, and promoting a natural lifestyle, naturopathic treatments help to activate the organism's self-healing processes.

The positive effects of natural medicine can be seen not only at organic level but also on the psychological wellbeing of the patient. The benefits include greater self-confidence, greater inner equilibrium and improved social skills.

In order to provide each patient with the best possible help along the path to recovery, all the treatments are personalized. In particular in the case of oncological patients, natural medicine often helps substantially to improve quality of life.

At the Quellenhof Medical Center we also use oligoelements and vitamins, we exploit the curative properties of herbs and other plants, we perform acupuncture treatment, using the methods of traditional Chinese medicine in addition to techniques like lymph drainage, biofeedback and osteopathy.





## COMPLEMENTARY ONCOLOGY

### SUPPLEMENTARY THERAPY FOR ONCOLOGICAL PATIENTS

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Complementary oncology offers oncological patients supplementary therapy able to significantly improve quality of life during a radiotherapy or chemotherapy cycle. In these cases, psychological support is also very useful, helping the patient to cope better with the diagnosis and the side effects of the front line therapy.

Complementary medicine in oncology offers a wide range of therapeutic options; these are supplementary to the course of treatment indicated by the specialist and should not be considered a substitute under any circumstances. The advantages of complementary oncology consist above all in the high level of tolerability of the therapies. The holistic approach of naturopathic therapy, a full consulting service by specialist doctors and qualified personnel, and personalized complementary treatment including nutraceuticals, osteopathy, acupuncture and other have positive effects on the healing process and strengthen the patient in both physical and psychological terms.

Dr. Christian Thuile, ex head of the complementary medicine department at Merano hospital, is an expert in the field of complementary oncology and a valuable resource for the Quellenhof Medical Center.

- Acupuncture
- Dendritic cell therapy
- ImmunoD-therapy
- Intravenous therapy
- Lab-Scan minerogram
- Intravenous laser
- Sanopol
- Antalgic therapy
- Maxi screening
- Immune system stimulation
- Complete Minerogram

## IMMUNOTHERAPY

### STRATEGIES FOR STRENGTHENING THE IMMUNE SYSTEM

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The main aim of immunotherapy is to strengthen the immune system which plays a vital role in our health and can be influenced by a number of factors, both internal and external. In the Quellenhof Medical Center laboratory we are able to perform precision analyses on the state and functioning of the immune system, such as measurement of the cell defense capability (lymphocyte analysis), functional capacity of the leukocytes and more.

A further index of the efficiency of the immune system is the antioxidizing capacity, which can be improved by supplements of oligoelements, vitamins and other nutrients. There are also special forms of immunotherapy for patients with reduced immunocompetence, in particular oncological patients during chemotherapy cycles.

In this field, a revolutionary form of immunotherapy has been developed, which uses the body's dendritic cells to strengthen the immune system from inside. Another very effective method is the use of chemical messengers (ImmunoD) and a special laser.

- Acupuncture
- Vaccination check-up
- Bowel check-up
- Reactivation of intestinal flora
- Dark field microscopy
- Autohemotherapy
- Therapeutic hyperthermia
- Intravenous therapy
- Cryotherapy
- Intravenous laser
- PRP (platelet rich plasma) therapy
- Sanopol
- Special lab tests
- Hyperbaric oxygen therapy
- UltraCur
- VNS – Measurement of equilibrium of vegetative nervous system
- Complete Minerogram



## ALLERGIC TESTS AND TREATMENTS

In the case of allergies, allergic tests are the first step on the path to improving quality of life. According to type and intensity, allergies can have a significant negative impact on daily life. Allergy is an excessive reaction of the immune system to certain non-pathogenic substances called allergens.

At the Quellenhof Medical Center we firstly carry out allergic tests to identify the allergic substances.

These may be some types of food, drugs or allergens present in the air like pollen, spores, dust or animal hair.

Currently it is not possible to definitively cure allergies, but with the right natural therapies, including avoidance of allergens and the help of certain medicines, it is possible to limit the allergic reactions and significantly improve quality of life.

- Autohemotherapy
- Hyposensitization
- IgE (allergies, foods, additives) test
- Prick test



## EXERCISE AND SPORT

### EXERCISE AND SPORT ARE THE BASES OF OUR HEALTH

Combined with a healthy diet, exercise and sport are vital for wellbeing and efficiency. The right exercise in the right amount is also an important aspect in the prevention of various disorders and diseases.

At the Quellenhof Medical Center we help you find the right exercise for you and we supervise your training.

Firstly we carry out an assisted training analysis in which we record and examine resistance and strength in addition to speed, reaction capacity, elasticity, coordination, body equilibrium etc. On the basis of these measurements, an individual training program is drawn up, both for beginners and more advanced levels. Progress can be analyzed and adapted to your objectives at any time – to optimize results.

We also assist high level professional sportsmen and sportswomen, regularly examining their fitness. With our many diagnostic options, potential over-training can be identified or any weak points that need to be targeted. Diet is controlled and optimized, any missing substrates are replaced. Injuries and functional disorders are treated by our physiotherapist and massage doctor after accurate diagnosis.



*We professionally assist many athletes and celebrities.*



*Christof Innerhofer (alpine skiing)*



*Andreas Reiterer (mountain runner)*



*Gerard Depardieu (actor)*



*Roland Fischnaller (snowboarding)*



*Hockey Club Bolzano "Foxes"*



## LOCOMOTOR SYSTEM

### PHYSIOTHERAPY AND THERAPEUTIC MEDICAL MASSAGE

Problems following an injury, due to wear or overload?

With physiotherapy and medical-therapeutic massage you will reacquire the best possible freedom of movement without pain.

At the Quellenhof Medical Center we work with holistic methods to prevent the onset of problems or reduce and remove pain already present. At the end of an accurate and thorough study of your medical history, a tailored analysis and diagnostic system is developed according to the latest scientific methods. This guarantees that in the treatment of your functional disorders, the cause is always treated, not only the symptoms. According to the motor and functional limitations ascertained in the report, targeted physiotherapy techniques and therapeutic massage are used. Measures such as kinesitherapy and instrumental physical therapies are used, exploiting the therapeutic effect of massage, water, hot/cold and laser and electric impulses.

Overall these measures are used for prevention and treatment of physical diseases and rehabilitation following illness.

- **Prevention of:**

- occupational and chronic diseases, such as backache, tenosynovitis, tennis elbow etc.
- bad posture and consequences
- for the elderly: resistance consolidation and training, kinesitherapy in persons who are immobilized or have little movement, fall prevention, training in use of aids

- **Treatment of:**

- orthopedic diseases:
  - *diseases and incorrect posture of the spine*
  - *diseases of the joints such as malpositions, arthrosis*
  - *inflammatory diseases (tennis elbow, borsitis, tenosynovitis) osteoporosis*
- lesions such as rupture of muscle fiber and ligaments, Sudeck's syndrome, whiplash or golfer's elbow and tennis elbow
- rheumatic diseases, such as rheumatoid polyarthritis or Bechterew's syndrome
- diseases of the internal organs, such as pelvic floor deficiency, urinary or fecal incontinence, and also chronic constipation, reflux disorders or in heart diseases and respiratory diseases
- conditions resulting from neurological disease, for example after a stroke or nerve lesions

- **Rehabilitation:**

- treatment following accidents or long-term illnesses
- reactivation of joint functions, resistance and strength

To achieve these objectives, we apply the following measures:

- **Manual therapies**

These kinesitherapies use active and passive therapeutic forms:

- *active body training*
- *passive movements*
- *exercises to strengthen and consolidate the muscles to improve posture and coordination*
- *muscle relaxation exercises*
- *breathing exercises in respiratory diseases*

- **Assisted training**

To improve strength, resistance, coordination capacity and mobility, certain instruments can be applied.

- **Instrumental physical therapy**

Instrumental physical therapy is a therapy that stimulates and regulates. It exploits factors such as hot and cold, pressure, laser and electric energy as remedies.

This type of therapy includes:

- hydrotherapy
- applications of hot and cold
- shock wave therapy
- various laser applications

- **Therapeutic medical massage**

- Massage according to Dorn Breuss method
- Connective tissue massage
- In-depth massage according to Marnitz method
- Zonal foot massage
- Manual lymph drainage according to Vodder method





## BACK CHECK-UP

### FOR A HEALTHY SPINE

At the Quellenhof Medical Center we carry out orthopedic examination of the spine using MediMouse® or SpinalMouse®, an innovative procedure that allows measurement of the form and mobility of the spine by means of a handy and technologically advanced device.

The MediMouse® is not invasive and allows measurements to be performed in complete absence of radiation, with advantages in terms of precision and wellbeing for the patient.

The analysis allows display and measurement of posture, flexibility, curvature and length of the spine and position of the hips.

The results provide useful indications for therapeutic solutions or the most appropriate training programs supervised by a physiotherapist.

### NEW: HEALTHY BACK

- SwingMed-package “healthy back” back check-up
- Spine analysis by MediMouse
- Preparation (heat, Breuss, laser, ...)

SwingMed therapy – this therapy offers fantastic possibilities for solving various spinal pathologies, via gentle delicate extension: a conservative non-invasive way of treating various spinal problems, without surgery. This latest form of therapy, unique in the world, is based on dynamic extension. Thanks to its effectiveness, it represents a valid medical innovation and makes an important contribution to the treatment of back problems.

The individual services can be grouped flexibly in a personal health module. A preliminary choice can be made with the help of your family doctor. Each service comprises a consultation with a doctor, during which you can refine and complete your choice.



## PAIN THERAPY

### ANTALGIC THERAPY PERMANENTLY RELIEVES PAIN IN PATIENTS AFFECTED BY MANY DIFFERENT PATHOLOGIES AND IMPROVES THEIR QUALITY OF LIFE AND MOOD

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Pain is an important bodily function: it is an alarm signal indicating the limitation of an individual. If the cause is recognized and treated rapidly, acute pain disappears fairly quickly. If not, the pain can become chronic, of varying entity and partly dissociated from the trigger. Analgesic therapy is necessary when the onset of an acute pain has lost its alarm function and has reached a stage where the patient, alongside mere description of the pain, reports other symptoms, such as sleep disorders, depression and even social isolation. At the Quellenhof Medical Center our specialists are able to combine knowledge of traditional medicine with alternative treatment, thus offering individual therapeutic solutions.

#### Course

The objective of laser therapy consists in in-depth penetration of a high energy load; in-depth tissue biostimulation accelerates the regeneration process and improves tissue healing. At the same time it strengthens the immune system and thus accelerates self-healing right from the first treatment. Lasers are used in all fields for the treatment of acute and chronic pain and for improving the healing of wounds; we use it mostly in combination with a manual therapy. It is a gentle highly effective therapeutic method and its use is versatile and without undesired effects.

Laser therapy also offers a fantastic alternative for patients with intolerance to drugs or infusions.

#### Therapeutic methods

- Individual use of particular drugs (including hemp oil)
- Blocking techniques, mostly with local anesthetics, or infusions
- Physiotherapy techniques and therapeutic medical massage
- Applications of hot and cold (*hyperthermia, cryotherapy locally and over the whole body*)
- Mechanical and electromagnetic techniques (*shock wave therapy, induction therapy with PAPIMI ions, TECAR*)
- Laser therapy
- Acupuncture
- Bloodsucker therapy



## CRYOTHERAPY

### TARGETED USE OF COLD FOR THE TREATMENT OF VARIOUS DISORDERS

Local cryotherapy, for example only on one arm or an extremity, has the following effects: reduces the circulation and consequently the deposit of liquids.

- inhibits inflammations
- alleviates pain
- modifies muscular tension

Some applications of this therapeutic method:

- injuries, such as bruising and sprains; also useful in bone fractures and serious muscular lesions
- after operations
- constant increase in muscular tension, spasms and contractures
- relapses of gout

Alongside local cryotherapy, therapy for the whole body is also used. Cryotherapy via cold chamber is now tried and tested, especially in inflammatory rheumatic diseases:

- Bechterew's syndrome
- arthrosis
- chronic inflammations (e.g. fibromyalgia)
- skin diseases (neurodermitis or psoriasis)



## OSTEOPOROSIS – PREVENTION

Strong healthy bones in old age should not be taken for granted. Osteoporosis is a disease of the bone metabolism in which the bone mass is reduced and the bones become fragile. Osteoporosis is one of the ten most important diseases.

One woman out of three suffers from osteoporosis after the menopause. But men are affected too. The sooner the disease is diagnosed, the more successful the treatment.

**Our prevention program:**

- detailed medical history and clinical analysis
- special chemical lab tests
- measurement of bone mass
- discussion of results, prevention advice





## LABORATORY MEDICINE AT QUELLENHOF MEDICAL CENTER

### BLOOD TESTS WITH IMMEDIATE RESULTS

The Quellenhof Medical Center also has a laboratory medicine department for a wide range of blood tests. The advantage for you is that you will obtain the test results after only a few minutes. This applies also to special tests, thanks to our collaboration with partners in Bolzano, Limburg in Germany and in the USA.

- Dark field microscopy
- Genetic analysis
- Oligoelement scan
- Special lab tests
- Analysis of intestinal bacterial flora



## PRIV. DOZ. DR. GILBERT SPIZZO

### SPECIALIST IN INTERNAL MEDICINE, AND IN HEMATOLOGY AND ONCOLOGY



Dr. Spizzo did his professional training mostly at the university clinic in Innsbruck, where he continues to work as lecturer and researcher. He deals not only with tumors and pathologies of the blood, but also diseases in other fields of internal medicine.

Currently cancer and cardiocirculatory diseases are the most frequent cause of death in the western world. The frequency of tumors is constantly increasing. Today, thanks to cancer research, therapy has a high success level, resulting in the majority of cases in recovery or at least improvement in quality of life for oncological patients. In this sense he proposes a holistic approach.

Until 2017 he worked for 10 years in the internal medicine day hospital at Merano hospital, where he also collaborated with the complementary medicine service under the direction of Dr. Thuile.

Alongside general services in the field of internal medicine, Dr. Spizzo offers the following specialist services:

- general medical examination with ultrasound scan of abdomen, ultrasound scan of thyroid gland and doppler ultrasound of neck vessels
- first oncological examination, support in preparation of diagnosis through to initiation of appropriate therapy
- oncological check-ups and supervision of therapy
- first hematological examination and check-ups
- consulting for tumor pathologies
- consulting and interpretation of molecular tests in various tumor pathologies (e.g. Foundation HEME Test, CARIS Molecular Pro ling, Endopredict Array in breast cancer)
- consulting in use of experimental drugs in tumor pathologies (Collaboration with Tumor Centre Innsbruck and Milan)
- consulting and support in the use of new cancer drugs recently approved by FDA or EMA, not available or not yet available on the National Health Service (Band Cnn or C)
- evaluation of CAT, magnetic resonance and PET images
- consulting for cancer screening (breast cancer, cervical cancer, bowel cancer, skin cancer, lung cancer and stomach cancer)

## PACKAGES

### MEDICAL DETOXIFICATION WEEK

- Medical examination incl. BIA (bioelectric impedance analysis)
- Blood test
- 2x hydrocolon therapy (bowel cleansing)
- Infusions:
  - 1 x infusion for detoxifying toxic substances in the organism
  - 2 x infusion for detoxifying the liver
  - 3 x basic infusion
  - 1 x toning infusion
- Liver body wrap
- Scan for mineral substances and exposure to heavy metals
- 1 x plantar reflexology massage
- 3 x lymph drainage
- Personal diet plan

*7 nights incl. half board (tailored diet plan), access to 10,000 square meters of Wellness & Spa, wide-ranging Fit&Active program in addition to the health package specified above.*

### LIGHT MEDICAL DETOXIFYING WEEK

- Medical examination incl. BIA (bioelectric impedance analysis)
- Blood test
- 1 x hydrocolon therapy (bowel cleansing)
- Infusions:
  - 1 x infusion for detoxifying toxic substances in the organism
  - 1 x infusion for detoxifying the liver
  - 1 x basic infusion
  - 1 x toning infusion
- Scan for mineral substances and exposure to heavy metals
- 1 x plantar reflexology massage
- 2 x lymph drainage
- Personal diet plan

*4 nights incl. half board (tailored diet plan), access to 10,000 square meters of Wellness & Spa, wide-ranging Fit&Active program in addition to the health package specified above.*

### ENERGY MEDICINE WEEK

- Medical examination with energy measurement
- Blood test
- Identification of oligoelements
- Infusions:
  - 1 x toning infusion
  - 1 x burn-out infusion
  - 1 x power infusion
- Stress test
- 2 x energy massages

*7 nights incl. half board, access to 10,000 square meters of Wellness & Spa, wide-ranging Fit&Active program in addition to the health package specified above.*



## DENTAL WELLNESS – PREVENTION BECOMES RELAXATION!

The new dental studio at Quellenhof for dental wellbeing offers an extraordinary mixture of exclusive wellbeing with high quality professional dental services. As from 2018 the Spa area includes a modern dental surgery under the medical direction of the dentist Hartmut Stach. He and his team offer general medical services and 24h emergency services, professional dental hygiene for adults, teenagers and children, bleaching and prosthetic rehabilitation. Treat yourself to this completely new dental wellbeing experience!

### DETAILED CONSULTING

In the relaxed atmosphere of the purposely equipped Dental Wellness studio you can talk about your personal desires and objectives with the dentist assigned to you. He/she will then illustrate possible solutions to your individual problems.

### INTRAORAL RADIOGRAPHY BEFORE AND AFTER TREATMENT

The Dental Wellness studio offers live filming of the oral cavity. By means of an intraoral camera, the images of your teeth and gums are transmitted to a monitor integrated in the dental chair. This promotes optimal understanding of problem areas and proposals for treatment.

### EXAMINATION OF ORAL CAVITY AND JAW BONES INCLUDING ORAL HYGIENE

The oral hygiene check-up includes checking for decay, defective fillings, plaque (microbial coating) and centers of infection in the gums. During this first examination, periodontal probing (measurement of the pockets) is carried out on all the teeth. This examination establishes whether the gum (periodontium) is healthy or whether gingivitis is present.

In the case of suspect periodontitis (pocket depth 4 mm or more), a bacteriological test is advised to confirm the diagnosis.

Approximately 50 per cent of all cardiocirculatory diseases originate from a high bacterial percentage in the oral cavity. Bacteria favor diseases like diabetes and arteriosclerosis and can sometimes cause premature birth in pregnant women.

### PROFESSIONAL DENTAL HYGIENE WITH A PROFESSIONAL DENTAL HYGIENIST

The Airflow system is an innovative procedure for professional dental hygiene and can be applied alternatively or in addition to the traditional dental hygiene technique. The delicate Airflow treatment works on the basis of a heated mixture of water and a powder (mainly sodium carbonate), which cleans the dental surfaces and the interdental spaces with a vortex movement. In particular, points that are difficult to access and the sulci are cleaned to perfection. With this treatment technique, excellent results are obtained also in the cleaning of prostheses, crowns and implants.

### HEAD AND FACE MASSAGE

Your wellbeing experience at the Dental Wellness studio is completed by a relaxing head and face massage.

### PREVENTION FOR CHILDREN AND TEENAGERS

In a relaxed holiday atmosphere, without stress and daily deadlines, a Dental Wellness prevention program helps your children to avoid early tooth damage. Cleaning education with the help of a camera, slight coloring of the teeth (to distinguish the clean surfaces from recent and existing plaque) and advice on diet complete the prevention program.

### BLEACHING

The new Fläsh tooth bleaching system by Bluedenta is a safe gentle procedure for brilliant white teeth. This aesthetic solution is based on hydrogen peroxide with active chlorophyll. Tooth bleaching of 4-7 degrees is obtained in approximately 60 minutes. Professional dental hygiene must be carried out in preparation for this bleaching.

**Special Quellenhof service as from Spring 2018:  
24h emergency treatments!**

Appointments via [beauty@quellenhof.it](mailto:beauty@quellenhof.it) or by telephone:  
0039 0473 645474 or extension: 270

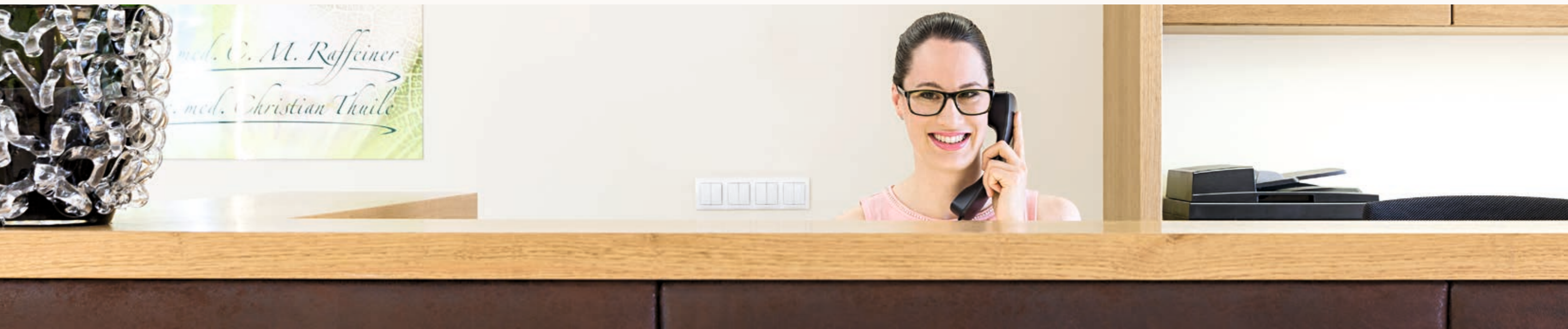


**Hartmut Stach**

*Dental surgeon responsible  
for the Dental Wellness surgery  
at Quellenhof.*

His specialties include general dentistry, diagnostics and treatment of periodontal pathologies (gum loss), prevention for adults, teenagers and children.





Dr. med. Christian M. Raffeiner and Dr. med. Christian Thuile:

The Quellenhof Medical Center in Merano, a point of health excellence in South Tyrol, offers a wide range of services in the field of health, nutrition and prevention. The work of our centre is based on a holistic approach, reflected in a range of services comprising conventional medicine and naturopathy, through to supplementary and complementary medicine. Together with a medical-university team composed of doctors covering all the specializations, Dr. Christian M. Raffeiner and Dr. Christian Thuile are able to offer specific consulting and in-depth investigation for early diagnosis and effective treatment of pathologies.

Simply arrange an appointment at our center for a complete medical consultation. Together we can do a lot to guarantee you long-term wellbeing, health and vitality!



## OUT-PATIENT SERVICE

**Your time is precious.**

**We strictly observe the appointment times and try to avoid delays.**

### Opening times

Monday to Thursday from 8.00 to 16.30  
Friday from 8.00 to 13.30

### Appointments

- By telephone appointment
- We strictly observe the appointment times and try to avoid delays

### Information and booking

Quellenhof Medical Center  
Via Passiria, 47  
I-39010 San Martino in Passiria, Merano  
Tel. 0039 0473 445500  
Fax 0039 0473 207359  
[mc@quellenhof.it](mailto:mc@quellenhof.it)  
[www.medicalquellenhof.com](http://www.medicalquellenhof.com)

### Anti-aging shop

- Take advantage of our selected offers:
- Micronutrients and food supplements
  - Cosmetic products





QUELLENHOF MEDICAL CENTER

Dr. med. Christian Maria Raffeiner

Dr. med. Christian Thuile

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QUELLENHOF SPORT & WELLNESS RESORT

Dorfer family

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