

Ingrid Platzer

Therapist in Complementary and Alternative Medicine



- Since August 2015 in education to become a Naturopath in Traditional European Natural Medicine with Swiss Federal Diploma (Naturheilpraktikerin mit eidgenössischem Diplom in Traditionelle Europäische Naturheilkunde TEN); studying at: www.nhk.ch, finished in autumn 2019
- Student Member of the Swiss Association of Naturopaths (NVS Naturärzte Vereinigung Schweiz; <https://nvs.swiss>)
- Emmett Full Practitioner (<http://schweiz.emmett-therapy.com>)

I am proud to be part of an interdisciplinary working team, where both modern and traditional medicine knowledge is used in the best interest of the patients.

Parallel to many years of office activities my way led me from aromatherapy to herbology and more and more to the plants themselves, to their inner sense and role in traditional healing. Still I am fervently exploring the primal shamanistic traditions of healing in our latitudes. Further markers on my way are, amongst others, the education as a life coach with focus on sexology, 175 hours of traineeship in a drugs advice centre as well as courses in idiolectic conversation.

This is what inspires me:

Healing processes are awareness-raising processes.

**Altering the perception of feelings and sensations,
they enhance awareness.**

We are at the mercy of matters, as long as we do not know them.

**Awareness enables us to decide,
what we want to stop and what we want to pass on.**

The following methods are meanwhile registered at the Swiss EMR-Registry (most Swiss supplementary health insurances pay treatments of therapists who are registered in the EMR):

Whole Body Massages

In classical whole body massages muscles and fascia are treated with kneading and stroking hand movements, whereby the blood flow is increased. Thus metabolism is sped up and detoxification stimulated. Massages also have a relaxing effect on the nervous system, which in turn has a positive effect on the body's functions such as respiration, digestions and circulation. While body and mind come to rest, the body's own repair processes can undisturbed take place.

As Emmett Full Practitioner (see <http://schweiz.emmett-therapy.com>) I combine my massages, where indicated, with hand moves of Emmett Therapy. The precise and gentle moves, set on muscles and fascia, are beneficial to mobility, balance, lung capacity and body posture.

Foot Reflexology Massage

Foot Reflexology Massage is based upon the old discovery that massaging the foot does not only influence the foot itself, but also other parts and organs of the body. It promotes the recreation of the body as a whole. Furthermore, Foot Reflexology Massage may be helpful in finding out the origin of a disease.

Nutrition Counselling

I offer support in changing your eating behaviours, as a prevention or accompanying the treatment of diseases. My recommendations are based on the nutrition form „LOGI-anti-inflammatory“, which was further developed at my school (www.nhk.ch) out of the LOGI-method after Dr. Nicolai Worm. LOGI means „Low Glycemic and Insulinemic Diet“. Stable blood glucose and insulin levels are pursued with LOGI. The recommendations of the nutrition form „LOGI-anti-inflammatory“ are customized to each patient according to the illness, type of constitution and health status.

The treatment costs will be paid by most of the Swiss supplementary health insurances.

Before starting with the treatment, please clarify with your insurance whether they will cover the costs.

I am at your disposal on the following days:

Monday, Tuesday, Friday

from 10 a.m. to 5 p.m.

and look forward to many exciting encounters!