



IMPERIAL SPRINGS

— HEALTH —

从都生命健康管理



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IMPERIAL SPRINGS CENTRE FOR HEALTH MANAGEMENT



# 从都健康寄语

WELCOME FROM THE IMPERIAL SPRINGS HEALTH

为满足人们对健康、财富和兴旺的更高追求，我们创立了从都国际生命健康管理中心。以卓越的环境、先进的设备和领先的专业技术为基石，我们将尖端科学与丰富经验相结合，从都健康定将为现代医学树立新的里程碑。

“治未病”的理念在中国医学史上影响深远，在此基础上我们不断创新并将之发挥极致。

我们融汇现代中医的精髓，引入世界先进医疗成果，结合大数据、人工智能、数字通讯和基因评估，同时注重人文关怀，在美丽的从都国际庄园打造预防医学的标杆。

“健康是人生最大的财富”，我们深谙此道并志在守护每位客户的健康。

在此我希望，您在这里不仅可以享受美好的时光，更因我们的努力建立全新的健康生活的理念，并重获长久的健康体魄。

诚挚敬意！



## 从都国际生命健康管理中心

从都国际生命健康管理中心,以东方智慧和全球视野,建设世界顶级的专业健康管理机构。中心拥有国际科研级先进医疗设备,通过跨学科国际权威专家团队联合会诊,为客户提供精准筛查与疾病风险评估;同时,提供以国际自然医学疗法为主的整合干预健康管理方案,有效实现早期疾病预防,提升生命品质。

中心还成立了从都国际健康管理研究院,并设立专项健康发展研究基金,与院士工作室合作开展产学研项目研究,积极探索高品质世界级健康管理服务新模式,推动生命健康管理领域相关理论与实践的创新发展。

## Imperial Springs Centre for Health Management

The Imperial Springs Centre for Health Management is building a world-class professional health management organization by integrating oriental wisdom and global vision. The Centre boasts research-level medical equipment and joint consultation with an international team of inter-disciplinary experts to provide clients with precise detection and risk assessment services. An integrated intervention service featuring naturopathic therapies is also provided to enable early-stage disease prevention and improve life quality.

The Centre has established the Imperial Springs Health Institute for health research and development. By collaborating with the Academician Studio on industry and university research projects, we are committed to exploring new models for high-quality, world-class health management and promoting theoretical and practical innovations in the field of health management.







## 我们的目标

更健康、更年轻

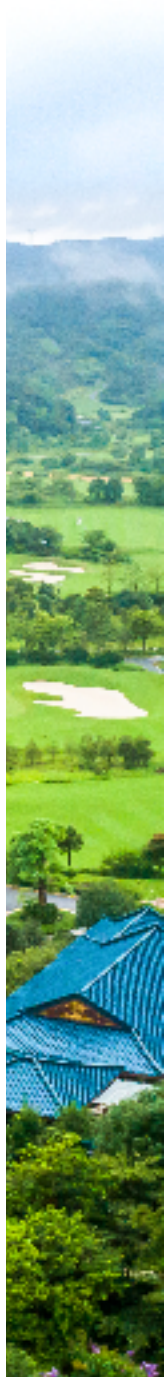
让客户不出国门，即可享受世界级的健康管理服务。

区别于传统医院，从都国际生命健康管理中心对早期疾病风险进行精准筛查。依托“大数据、科研级设备、基因分析、跨学科专家联合会诊”思维服务体系，使客户更健康、更年轻。

## OUR GOAL

Healthier and Younger

If customers do not go abroad, they can enjoy world-class health management services. Different from traditional hospitals, Congdu International Centre for Life and Health Management carries out accurate screening for early-rising disease risk. Relying on the thinking service system of "big data, scientific research equipment, gene analysis, interdisciplinary expert consulting", we can make our customers healthier and younger.





# 我们的服务

OUR SERVICE

## 精准筛查

- 西门子SOMATOM双源Force CT
- 西门子3.0T Prisma加强版MR
- 数字减影血管造影 DSA + CT 复合手术室
- 西门子智能化流水线实验室
- OMOM胶囊内镜系统
- 奥林巴斯290系列高清电子肠胃镜
- 西门子自动乳腺全容积成像技术
- 西门子钼钨双靶
- 双悬吊3D机器人RAX

## PRECISE DETECTION

- Siemens SOMATOM Dual Force CT
- Siemens 3.0T Prisma MR Enhanced
- DSA + CT Compound Surgery Room
- Siemens Intelligent Flow-line Laboratory
- OMOM Capsule Endoscopy System
- Olympus 290 High-definition Electronic Gastrointestinal Endoscopy
- Siemens Automated Breast Volume Scanner
- Siemens Mammomat Inspiration
- Dual Suspension 3D Robot RAX

## 整合干预

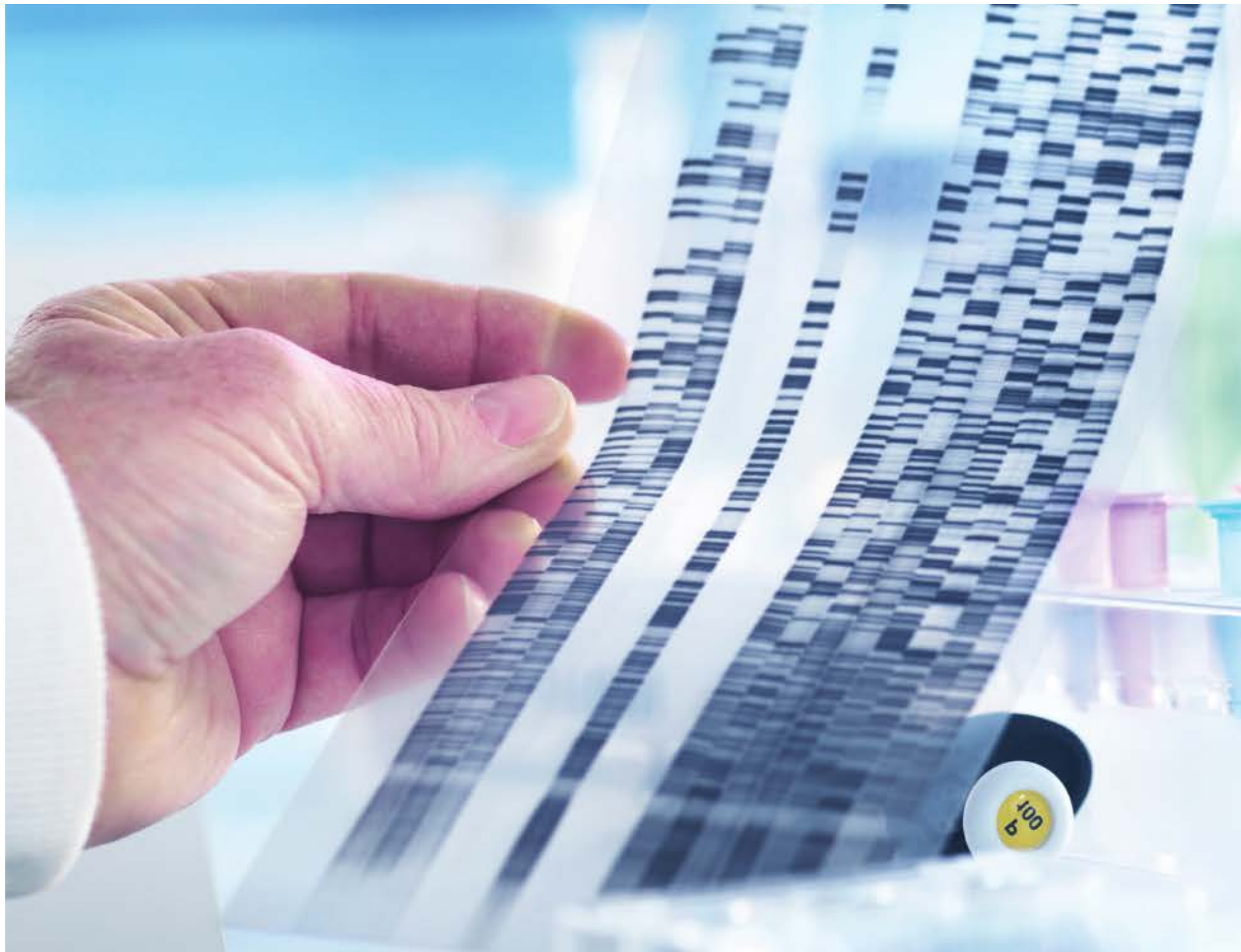
- 整合排毒
- 免疫力强化
- 生物同源性荷尔蒙
- 血液修复
- 酒精所致风险与症状干预
- 心血管系统风险预测和预防

## INTEGRATIVE INTERVENTION

- Integrative Detoxification
- Immune Strengthening
- Bio-Identical Hormone Therapy
- Blood Restoration
- Intervention on Alcohol-induced Risks and Symptoms
- Risk Prediction and Prevention for Cardiovascular System







## 精准筛查

### PRECISE DETECTION

从都国际生命健康管理中心采用世界先进的整合健康管理理念，集成国际先进的医疗技术、设备、方法，由中外等专家组成的国际健康管理团队，为您全面、深度、精准筛查重大疾病及其危险因素，综合评估、全面解读，塑造健康的生活方式，无病早筛、已病防变，远离疾病，提高生命质量。

The Imperial Springs Centre for Health Management follows the world-leading management philosophy of integrative health and integrates world-beating medical technology, instruments and methodology. The international health management team consisting of Chinese and international experts provides the service of comprehensive, in-depth and precise detection for major diseases and risk factors. By comprehensive analysis and interpretation and the shaping of healthylifestyle, we can detect before the actual occurrence of diseases, prevent existing diseases from worsening, keep you away from diseases and improve life quality.





# 01 | 西门子SOMATOM双源Force CT

Siemens SOMATOM Dual Force CT

全球顶级医疗机构首选，西门子独有双源结构设计，可用于全身各系统高清检查，尤其在心脑血管系统疾病的筛查上优势巨大。

It is the first choice of top-level medical institutions worldwide, with unique dual force structure exclusive to Siemens, applicable for examining various body systems with high-definition images, and with huge advantages on the screening of cardiocerebrovascular diseases.

## 超快的成像速度

1 秒全身多器官成像，传统 CT 心脏检查需要服用相关药物并等待 1 小时心率受到控制后再进行检查，本机无需等待。

### Ultra-fast imaging

It can generate images of multiple body organs within 1 second. Prior to cardiac examination by conventional CT, one has to take specific drugs and wait for an hour until the heart rate has hit the controlled target. Such waiting is no longer needed for this device.

## 辐射低

一张胸片的辐射剂量即可完成全肺筛查，比坐一次长途飞机的辐射还要低。

### Low radiation

The radiation dosage of one chest film is equivalent to that of the full examination of lungs by this machine, even lower than that of a long-haul flight.

## 智能分析

不但能检查出病灶位置，还具有无创分析病灶成分的功能，例如：检查心肌是否缺血，心脏钙化成分显示，肿瘤活性成分显示，痛风检测及成分显示等。

### Intelligent analysis

It can not only locate the lesions but also non-invasively analyse the lesion compositions, such as checking if there is myocardial ischemia, revealing the compositions of cardiac calcification lesions, showing the active constituents of tumors, and gout examination and composition revelation.







## 02 | 西门子3.0T Prisma加强版MR

Siemens 3.0T Prisma MR Enhanced

主要应用于恶性肿瘤、神经系统、心血管系统三大领域。

It is mainly applied in the three fields of malignant tumor, nervous system and cardiovascular system.

## 科研级顶尖设备

第一批为全球最顶尖科研院服务的高端设备，美国国家科学院脑计划等顶级科研机构使用。

### Research-level top equipment

It is among the first batch of high-end instruments catering for top-notch research institutes across the globe, used by top research bodies like the US National Academy of Sciences to carry out the BRAIN initiative.

## 极致高清晰成像

磁场均匀度是常规3.0T的5倍，意味着图像清晰度是常规3.0T的5倍，极致超高清图像质量，放大多倍依然清晰，有利于血管、神经、肿瘤等精确筛查。

### Ultra high-definition imaging

The magnetic homogeneity is five times that of conventional 3.0 T models, which means the imaging definition is five times that of conventional 3.0 T models. The ultra high-definition images remain clear after being amplified by multiple factors, conducive to the close examination of blood vessels, nerves and tumors.

## 超静音 检验快

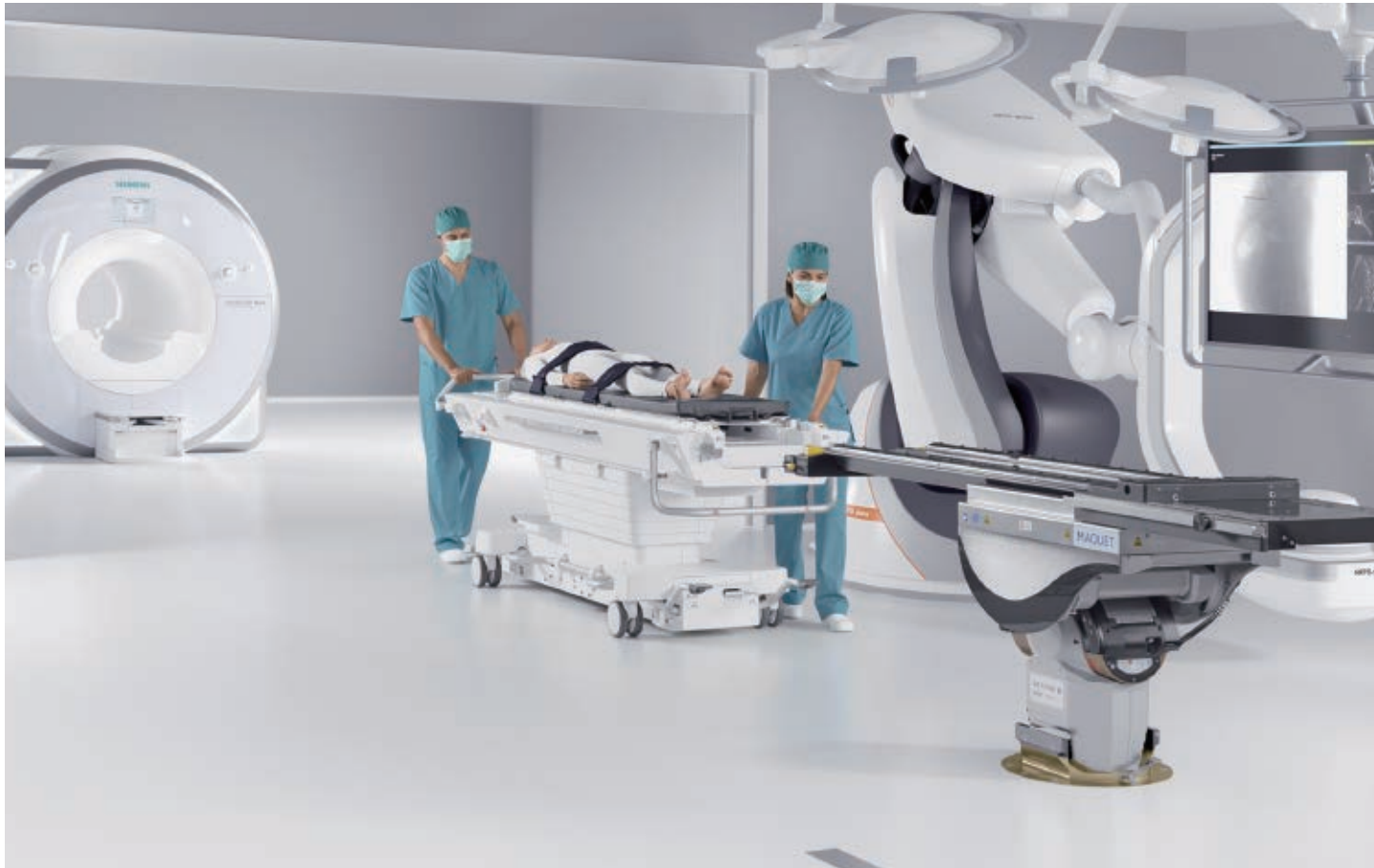
检查时间快，仅为同类时间的1/3, 且超级静音，检查过程更舒适。

### Super quiet and fast

It only takes 1/3 of time for the same examination by other devices. The lower decibel makes the process more comfortable.







## 03 | 数字减影血管造影 DSA + CT 复合手术室

DSA + CT Compound Surgery Room

数字减影血管造影技术（简称 DSA）即血管造影的影像通过数字化处理，把不需要的组织影像删除掉，只保留血管影像，主要适用于心脑血管、外周血管、肿瘤的检查 and 介入微创治疗。

Digital Subtraction Angiography (DSA) is the technology of digitally processing angiograms to delete unwanted tissue images and only retain blood vessel images, mainly applied in the examination and minimal invasive treatment of cardiocerebrovascular vessels, peripheral vessels and tumors.

## 脑血管病的最佳诊断手段

DSA在图像质量、判断血流方向和优势供血等方面是其他检查手段所不能比拟的，对于动脉瘤、动静脉畸形等更是最佳的诊断手段，另外对于缺血性脑血管病，也有较高的诊断价值。

### Optimal diagnostic means for cerebrovascular diseases

Compared with other diagnostic measures, DSA enjoys unparalleled advantages in terms of image quality and judgement of blood flow direction and blood supply dominance. It is the optimal diagnostic means for arterial aneurysm and arteriovenous malformation. In addition, it is of valuable diagnostic reference for ischemic cerebrovascular diseases.

## 分辨率高、辐射低

DSA具有对比度分辨率高、检查时间短、造影剂用量少，辐射低以及节省胶片等优点，在血管疾患的临床诊断中，具有十分重要的意义。

### High definition and low radiation

The advantages of DSA include sharp contrast, high definition, short examination time, low contrast dosage, low radiation and film-saving. It is of key significance in the clinical diagnosis of vascular diseases.







## 04 | 西门子智能化流水线实验室

Siemens Intelligent Flow-line Laboratory

全球最先进的智能化流水线实验室，集生化、免疫、血液、血球、特定蛋白质分析于一体，短时间内即可获得快速、准确的检测结果。

We have the most advanced intelligent flow-line laboratory in the world, integrating the analyses of biochemistry, immunity, blood, haematocyte and specific proteins. Test results will be obtained quickly and accurately.

## 智能化样本管理

减少了流程环节、提升了工作效率、降低人为误差，还大大缩短了检验周转的时间，确保在短时间内获得快速、精准的检验结果。

### Intelligent specimen management

The intelligent specimen management can not only streamline procedures, improve working efficiency and reduce personal errors but also drastically shorten the time of multiple-site testing, ensuring the quick obtainment of accurate test results.

## 采血量少

少量采血即可完成超过 90% 的实验室检测项目。

### Low blood volume

A small quantity of blood is enough for 90% of lab test items.







## 05 | OMOM胶囊内镜系统

OMOM Capsule Endoscopy System

OMOM胶囊内镜是一种新型、无痛、无创的胃肠镜检查技术，只需吞下一粒胶囊即可完成消化系统病变完整、准确的观察。在消化道疾病检查以及健康体检方面具有广泛应用，能够有效地提高消化道疾病的检出率。

The OMOM capsule endoscope is a new, painless and non-invasive instrument for gastrointestinal examination. Only by swallowing a capsule can one complete a full and accurate examination of the lesions in the digestive system. It is broadly used in the disease detection of digestive tract and regular physical examination, effectively improving the diagnosis and detection rate of digestive diseases.

## 无痛、无创、无交叉感染

一次性胶囊，简单安全，有效避免了交叉感染。

### Painless, non-invasive, no cross-infection

Disposable capsule, easy and safe, avoiding cross-infection

## 随到随查、舒适便捷

只需吞服1颗胶囊即可完成检查，不需麻醉、随到随查

### Instant examination, comfortable, convenient and fast

You can do the examination just by swallowing one capsule. No need for anaesthetic, it can be done instantly.

## 磁控查胃，确保无死角，无盲区

通过精准磁控引导，人为控制胶囊在胃里的运动方向、摄像机的拍摄角度等，可对胃部进行360度无死角筛查和诊断。

### Magnetically controlled, no unreachable corner or blind area

By accurate magnetic control, the motion directions and camera angles of the capsule in the stomach can be manually manoeuvred, giving a 360-degree and all-round detection and diagnosis of the stomach.

## 图片清晰，信息量巨大

一次胶囊内镜检查可拍摄数万张高清图片。

### Clear images with colossal information

One capsule examination can capture tens of thousands high-definition images.







## 06 | 奥林巴斯290系列高清电子肠胃镜

High-definition Electronic Gastrointestinal Endoscopy Olympus 290

目前在消化内窥镜诊疗领域最先进的系统之一，它集观察、诊断及治疗功能于一身，目前主要用于胃癌、食管癌、结直肠癌的早期发现与治疗，是诊断消化道疾病的金标准。

It is one of the most advanced systems heretofore in the fields of gastrointestinal endoscopic diagnosis and treatment, integrating the functions of observation, diagnosis and treatment, currently applied mainly in the early-stage detection and treatment of gastric cancer, esophageal cancer and colorectal cancer, and serving as the golden benchmark for diagnosing digestive diseases.

## 检查更精准

相比传统胃肠镜，奥林巴斯电子胃肠镜具有高分辨率、高清晰度的检测优势，能够帮助医生更准确直观地观察到消化道内壁的微小组织病变，准确、迅速地发现病灶。

### More precise examination

Compared with traditional gastrointestinal endoscope, the Olympus electronic gastrointestinal endoscope boasts high definition and high clearness in examination, helping doctors to accurately and directly detect pathological changes in the smallest tissues of the gastrointestinal wall, and accurately and quickly locate the lesions.

## 治疗更方便

胃肠道息肉、早期恶性肿瘤等病变，可在奥林巴斯电子胃镜的观察下直接切除，彻底根治，免除手术开刀之苦。

### More convenient operation

The gastrointestinal polyps, early-stage malignant tumors and others can be directly removed and cured under the observation of the Olympus electronic gastrointestinal endoscope, which will exempt patients from surgical pains.

## 检查更舒适

内镜镜身柔软纤细，便于操作控制，有效减少患者的腹胀程度和持续时间,缓解了检查时的不适感。

### More comfortable examination

The endoscope itself is soft and thin, easy to operate and control, effectively reducing patient' s abdominal bloating and examination duration, and relieving discomfort during the examination process.





## 07 | 西门子自动乳腺全容积成像技术

Siemens Automated Breast Volume Scanner

自动乳腺全容积成像技术是通过自动扫描来获得乳腺的三维图像信息，可多层面、多角度显示病变部位，病灶的成像更加立体、直观，对早期微小的恶性病灶也更为敏感，提高了诊断的准确性，特别适用于具有致密乳腺组织的患者和具有乳腺家族病史的患者。

The ABVS renders 3D images of the mammary gland by automatic scanning, revealing the lesions from multiple layers and angles. The lesion imaging is more multidimensional and visual and the device is more sensitive to early-stage small malignant lesions, which thus has improved the diagnosis accuracy rate. It is specially suitable for patients with mammary gland condensing tissues and family history of breast diseases.

## 全自动化

消除了人为经验不足导致的误差；

### Fully automatic

Elimination of personal mistakes due to lack of experience

## 特异性高、敏感性强

对致密乳腺组织病变的检出率明显高于钼靶，发现微小病灶的敏感性优于手持超声。

### High specificity and sensitivity

The detection rate of mammary gland condensing tissues is significantly higher than that by molybdenum-tungsten mammography; the sensitivity of discovering small lesions is higher than that by hand-held ultrasound.

## 重复性好

无限次读图，数据重复性好；

### High reusability

One examination can render full-volume information on the mammary gland, with unlimited retrieval of images and reusable data.

## 安全无辐射、价廉、实时、无创

### Safe, radiation-free, low-cost, real-time, non-invasive







## 08 | 西门子钼钨双靶

Siemens Mammomat Inspiration

西门子MAMMOMAT Inspiration数字乳腺X线机，采用西门子生产的钼钨双靶自动切换球管，常用于乳腺疾病的诊断和乳腺癌的筛查中，尤其适合亚洲女性致密型及多量腺体型乳腺。

Siemens MAMMOMAT Inspiration Digital Mammography adopts the automatically switching bulb tubes of molybdenum and tungsten dual target produced by Siemens, is often used for the diagnosis of breast diseases and detection of breast cancer, and is particularly suitable for Asian females with condensing and polyglandular breast.

## 功能齐备

钼钨双靶，对亚洲女性的腺体结构和欧美女性的脂肪体结构，都能实现乳腺摄影全覆盖，同时剂量低，辐射更可减少 30%。

### Full function

The molybdenum-tungsten dual-target mammography can conduct full-frame mammary gland scanning, be it the glandular structure of Asian females or the fatty structure of Caucasian females, with as much as 30% less radiation.

## 便捷舒适

智能识别压迫系统，防止过度压迫，柔和压力，提升舒适度，检查只需 9 分钟。

### Fast and comfortable

It is a system with intelligent recognition of pressure, preventing excessive pressure, cushioning pressure and improving comfort level. The whole process only takes 9 minutes.

## 图像清晰

3D 断层高清广角摄影，更清晰区分重叠组织，与超声对比图像更清晰

### High-definition imaging

3D, tomographic, high-definition, wide-angle, clearer differentiation of overlapping tissues, clearer images than ultrasound





## 09 | 双悬吊3D机器人RAX

Dual Suspension 3D Robot RAX

全亚洲第一台，同时集合 X 射线和 CT 的部分功能，适用于骨科、ICU、内科、儿科、消化科、泌尿科等。

We have the very first piece in the whole Asia, integrating X ray and part of CT functions, and applicable in orthopedics, ICU, internal medicine, paediatrics, gastroenterology and urology.

## 精准等中心旋转功能

可以自动实现多角度，各种体位的检查，包括站立位，尤其对腰椎，颈椎等疾病，以及对骨骼等易受体位变化影响效果的检查，可获得精确的检查效果。

### Accurate isocentric rotation

It is able to conduct examination automatically from numerous angles on various postures, including standing posture. What' s more, it can get accurate findings for lumbar and cervical spine diseases and bones, avoiding mistakes as the results of such examinations are subject to different postures.

## 效率高 辐射低

十轴机器人手臂技术，能显著提高效率，同时有实时真3D 效果显示。

### High efficiency and low radiation

The technology of 10-axis robotic arms can prominently enhance efficiency and in the meanwhile generate real-time authentic 3D effect.







# 整合干预

## INTEGRATIVE INTERVENTION

整合干预，即把人视作一个整体，从生物学、心理学、社会学及环境医学的角度多维分析，以国际自然医学疗法、中医以及运动、饮食、心理、睡眠等生活方式为主要干预治疗手段，最大限度地预防疾病，促进健康。

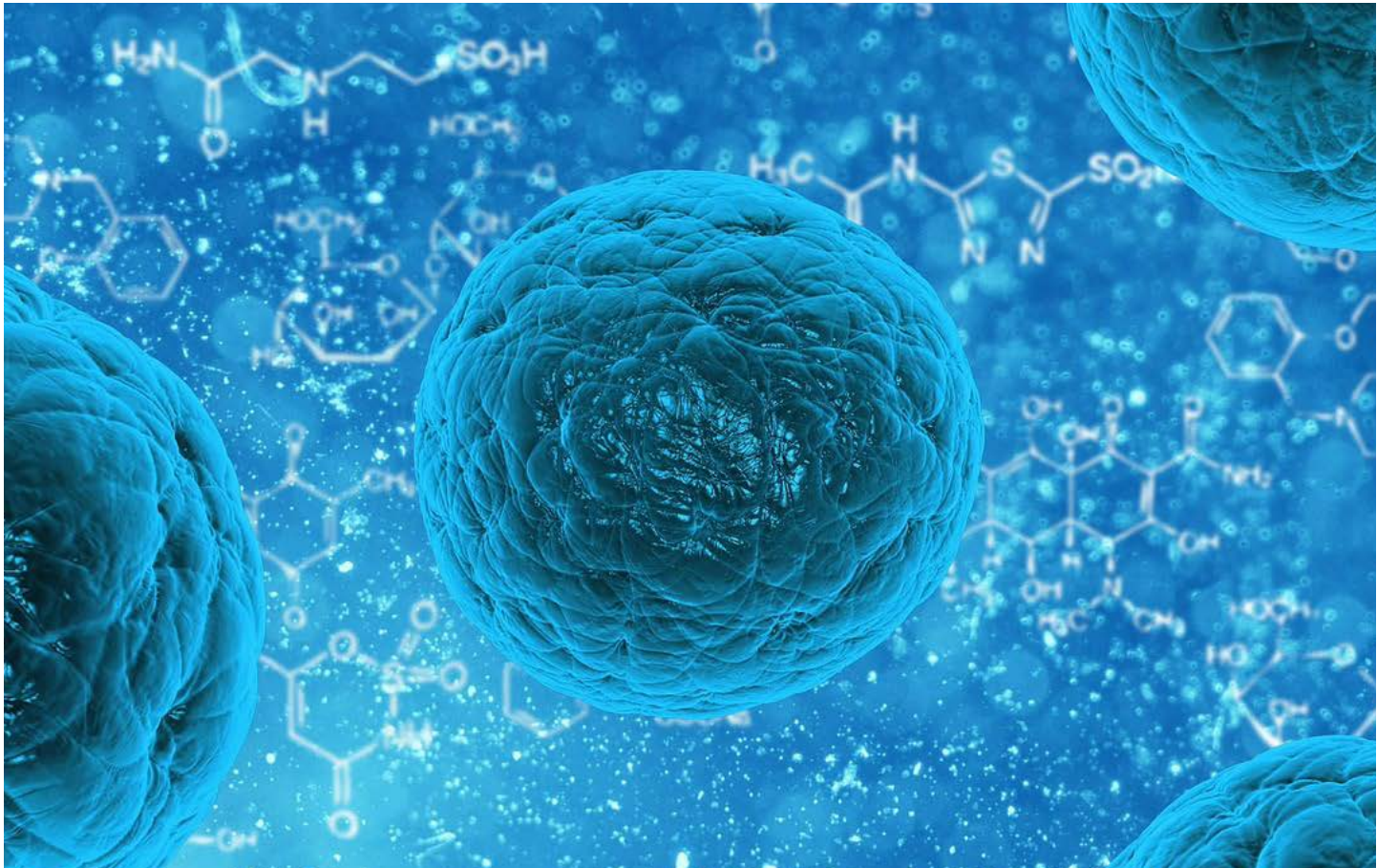
“从都生命维元”模型作为“从都国际自然医学疗法”中的内核，发现了体内毒素、器官功能、免疫系统、荷尔蒙对人体衰老的影响。在国际自然疗法的指引下，通过“从都生命维元”模型，可从根源上促进细胞的自我更新与自愈能力，提升免疫力和肌体活力。

Integrated intervention regards the human body as a whole, analyzes it in multiple dimensions, including biology, psychology, sociology and environmental medicine, and takes such intervention measures as international naturopathy, traditional Chinese medicine, and lifestyle measures in exercise, mentality, sleep and others to prevent diseases and promote health to the greatest extent.

As the core of the “Imperial Springs international naturopathic therapy” , the “Imperial Springs Vitality” model has identified effects of internal toxins, organ functions, the immune system and hormones on body aging. Under the guidance of international naturopathy, the “Imperial Springs Vitality” model can promote the self -renewal and self-healing of cells, and improve immunity and physical vitality radically.







# 01 | 整合排毒

Integrative Detoxification

排毒不是一个标准的医学术语，但通过减少体内重金属离子的沉积，去除细菌和寄生虫以及有害真菌，改善提升肠道和肝脏功能，能极大提高健康水平，并可保持长期效果。

Detoxification is a sub-medical term. However, by reducing heavy metal ions and its deposit, and eliminating bacteria, parasites and harmful fungi, we can significantly improve the functions of intestines and liver, and substantially promote health quality with long-term effects.

## 适用症状

- 患有慢性乙型、丙型病毒性肝炎的人群（乙肝大三阳、小三阳）
- 患有莱姆病病人(蜱虫咬伤而引起的系列感染问题)
- 由感染真菌而引起的皮炎、体癣、灰指甲、妇科、男科反复炎症等患者
- 抽烟、环境污染、饮食习惯等引起的体内毒素过量
- 肝脏、肾脏排毒功能低下及因毒素引起的皮肤问题
- 肠胃功能低下引起的便秘与腹泻
- 动脉硬化、慢性疲劳综合症、纤维肌痛等慢性疾病和衰老问题

## 服务内容

- 中外专家全面问诊
- 心电图
- 实验室检查
- 重金属输液排毒
- 重要物质补充
- 肠道水疗（肠道系统清洁）
- 肝脏毛细血管特殊扩张（过夜）
- 臭氧治疗
- 总结性问诊

## 疗程效果

- 提高人体抵抗慢性病和肿瘤的能力，让身体远离癌症风险
- 调节器官代谢平衡，增强抗氧化，增强免疫力，延缓人体老化
- 辅助去除体内循环中免疫复合物、血脂、尿酸及病毒微粒等分子物质，使血液通畅性、含氧量提高，功能活性明显改善
- 头脑清晰，精力充沛，全身轻松

## INDICATION

- People suffering from chronic hepatitis B and C
- Patients Lyme with disease (a series of infection problems arising from tick bites)
- Patients of dermatitis, tinea corporis, onychomycosis, and recurring gynecological and andrological inflammations arising from fungal infection
- Excessive internal toxins arising from smoking, environmental pollution, dietary habits, etc.
- Skin problems arising from the low detoxification function of the liver or kidney, and toxins
- Constipation and diarrhea arising from gastrointestinal hypofunction
- Arteriosclerosis, chronic burnout syndrome, fibromyalgia, and other chronic diseases and aging problems

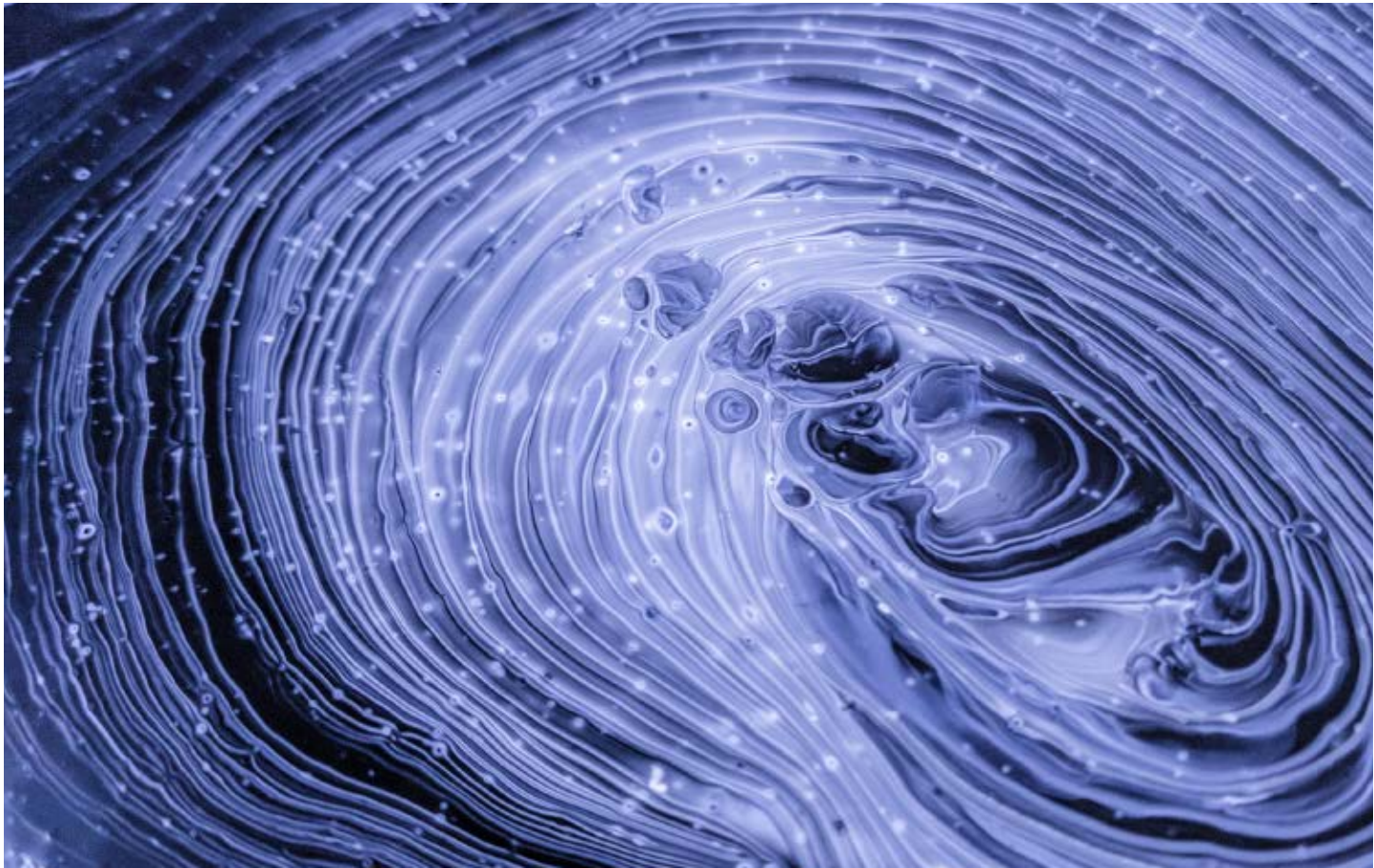
## SERVICE CONTENT

- Comprehensive consultation by Chinese and foreign experts
- ECG
- Lab test
- Heavy metal detox infusion
- Important substance supplementation
- Colon hydrotherapy (intestinal system cleansing)
- Liver capillary special dilatation (overnight)
- Ozone therapy
- Summary consultation

## TREATMENT EFFECTIVENESS

- Improving the body resistance to chronic diseases and tumors, and protecting the body from cancers
- Regulating the metabolic balance of organs, enhancing oxidation resistance and immunity, and deferring body aging
- Assisting in removing immune complexes, blood lipids, uric acid, viral particles, and other molecular substances in the intracorporeal circulation, maintaining smooth blood circulation, increasing oxygen content, and improving functional activity significantly
- Making the brain lucid, and the body energetic and relaxed





## 02 | 免疫力强化

Immune Strengthening

免疫系统不仅决定了我们身体抵御疾病、病毒侵袭的功能，也决定了我们的精神状况，并且体内所有的器官和系统都受到免疫系统的影响。因此，免疫系统也是决定我们生理年龄的一项重要因素。

The immune system determines our body's resistance to diseases and viruses, and our mental status, and affects all organs and systems in the body. Therefore, the immune system is an important factor contributing to our physiological age.

### 适用症状

- 体质虚弱，营养不良，精神萎靡，疲劳无力，食欲降低，睡眠不良
- 感冒、扁桃体炎、哮喘、支气管炎、肺炎、腹泻等反复发作

### INDICATION

- Physical weakness, malnutrition, listlessness, fatigue, anorexia, bad sleep
- Recurrent cold, tonsillitis, asthma, bronchitis, pneumonitis, diarrhea, etc.

### 服务内容

- 中外专家全面问诊
- 中医专家问诊
- 静心疗愈
- 体内激光
- 个性化口服药物方案
- 臭氧疗法
- 肠道水疗（肠道系统清洁）
- 辅助性核心元素输液
- 胎盘提取物
- 总结性问诊

### SERVICE CONTENT

- Comprehensive consultation by Chinese and foreign experts
- Consultation by TCM experts
- Healing in tranquility
- Endo-laser
- Individualized oral medication
- Ozone therapy
- Colon hydrotherapy (intestinal system cleansing)
- Supplementary core element infusion
- Placental extract
- Summary consultation

### 疗程效果

- 提高综合免疫力
- 增强血液循环，刺激血液细胞的免疫功能提升，从而改善肌体免疫力
- 治疗免疫缺陷病、慢性炎性疾病和慢性肌肉疼痛

### TREATMENT EFFECTIVENESS

- Improving overall immunity
- Enhancing blood circulation, and enhancing the immunity of blood cells, thereby improving body immunity
- Treating immunodeficiency diseases, chronic inflammatory diseases, and chronic muscular pain





## 03 | 生物同源性荷尔蒙

Bio-Identical Hormone Therapy

荷尔蒙控制了我们的生命，几乎所有的细胞，从头到脚，都有荷尔蒙接收器。生物同源荷尔蒙疗法是针对每个人的个体情况不同，搭配天然的药物成分，进行补充或调节体内激素水平，达到体内整体激素平衡的一种治疗方式。荷尔蒙保持在平衡和正确的水平，可以提升生命质量，延缓衰老。

Hormones control our lives, and hormone receptors can be found in almost all cells, from head to toe. Bio-Identical Hormone Therapy is a therapy that reaches an overall hormonal balance in the body by replenishing or regulating hormone levels with natural medicinal ingredients in light of individual circumstances. Maintaining balanced and proper hormone levels can improve the quality of life and defer aging.

## 适用症状

- 荷尔蒙失调：失眠多梦，心慌气急，易激动、紧张、恐慌、发热、脱发等更年期综合症
- 性功能减退
- 内分泌失调引起的皮肤问题及肥胖
- 女性产后荷尔蒙失调

## 服务内容

- 中外专家全面问诊
- 激素水平化验（月经周期的第19天，或第1-3天）
- 妇科检查+超声检查
- 心理问诊+疗愈
- 辅助性核心元素输液
- 蓝光治疗
- 经皮肤吸收的荷尔蒙用药
- 荷尔蒙产品组合和剂量优化
- 荷尔蒙产品使用
- 肠道免疫菌群提升（口服）
- 总结性问诊

## 疗程效果

- 缓解男女更年期综合症
- 改善年轻女性痛经、经期不规则等
- 改善因激素分泌不够引起的性功能减退，提高性生活质量
- 延缓衰老，补充肌体所需的荷尔蒙分泌量，使人更年轻

## INDICATION

- Hormone disorder: menopause syndrome including insomnia, dreaminess, nervousness, short of breath, easy to get excited, panic, fever and hair loss
- Sexual function deterioration
- Skin problems and obesity due to endocrine disorder
- Female hormone disorder after childbirth

## SERVICE CONTENT

- Comprehensive consultation by Chinese and foreign experts
- Hormonal test (on the 19th day or 1st-3rd day of the menstrual cycle)
- Gynaecological and ultrasound examinations
- Psychology consultation and healing
- Supplementary core element infusion
- Blue laser
- Trans-dermal hormonal medication
- Fine-tuning of hormonal drug combination and dosage
- Hormonal drug usage
- Intestinal flora improvement (oral)
- Summary consultation

## TREATMENT EFFECTIVENESS

- Mitigating menopausal symptoms among men and women
- Mitigating menstrual pain, menstrual irregularities, etc. among young women
- Improving reduced sexual function arising from insufficient hormone secretion, and improving sex quality
- Deferring aging, replenishing hormones essentials to the body, and making people younger





04

血液修复

Blood Restoration

血液是身体的运输工具，血液运输的物质是基于我们的生活方式，饮食及其他因素决定的。从都国际生命健康管理中心通过血脂毒素吸附法，将人体的血液循环系统与吸附仪直接相连，成为闭合系统进行毒素排除，减少血管中有害残留物，提高血液的氧气输送能力，补充不管任何原因在我们的血液运输系统中不足的物质，提高生命活力。

The blood is a means of transport of the body, and substances carried by the blood are determined by our lifestyle, diet and other factors. The Imperial Springs Center for Health Management connects the blood circulation system of the body with the instrument directly using the blood lipids-toxin filter method as a closed system for detoxification, thereby reducing harmful residues in blood vessels, improving the oxygen transport capacity of the body, replenishing substances that are insufficient in our blood system for whatever reason, and improving our vitality.

## 适用症状

- 肥胖、血液代谢功能差等亚健康问题
- 家族性高血脂、高血压
- 高血脂、血粘度偏高
- 对降脂药物不耐受，或者最大剂量用药后，血脂仍然控制不好（脂肪肝及心脑血管病服用ACE抑制剂除外）

## 服务内容

- 中德专家全面问诊
- 实验室检查
- 静心疗愈
- 个性化营养输液
- 营养专家指导膳食计划
- 运动专家指导运动计划
- 血液净化准备
- 血液净化（3-5小时）
- 肠道水疗（肠道系统清洁）
- 中医经络治疗
- 个性化口服药物方案
- 肝脏毛细血管扩张（过夜）
- 总结性问诊

## 疗程效果

- 清除血液多余油脂、胆固醇、炎症因子及有毒化合物
- 降低心肌梗塞几率
- 提升免疫力，保护身体器官
- 预防身血管动脉硬化和中风
- 改善各种慢性疾病(糖尿病，痛风，脂肪肝)

## INDICATION

- Obesity, poor blood metabolism and other sub-healthy problems
- Hereditaryhyperlipidemia and hypertension
- High hyperlipidemia and blood viscosity
- Intolerance to lipid-lowering drugs, or poor blood lipid control after maximum dose medication (except ACE inhibitors for fatty liver and cardiovascular and cerebrovascular diseases)

## SERVICE CONTENT

- Comprehensive consultation by Chinese and foreign experts
- Lab test
- Healing in tranquility
- Individualized nutrition infusion
- Dietary plan under nutritionist’s guidance
- Sports plan under sports specialist’s guidance
- Preparation for blood cleansing
- Blood cleansing (3-5 hours)
- Colon hydrotherapy (intestinal system cleansing)
- TCM treatment of meridians
- Individualized oral medication
- Liver capillary special dilatation (overnight)
- Summary consultation

## TREATMENT EFFECTIVENESS

- Removing excessive lipid, cholesterol, inflammatory factors and toxic compounds from the blood
- Reducing the probability of myocardial infarction
- Improving immunity and protecting body organs
- Preventing body vascular arteriosclerosis and strokes
- Mitigating chronic diseases (diabetes, gout, fatty liver)



05

## 酒精所致风险与症状干预

Intervention on Alcohol-induced Risks and Symptoms

长期大量饮酒对肝脏是不友好的，会让肝脏细胞失去分解与代谢脂肪和脂肪酸的功能。脂肪慢慢开始累计在肝脏，形成酒精性脂肪肝，更严重一点，则导致肝硬化。针对大量饮酒的商业人士，从都健康将根据个体情况，通过血液净化、肝脏清洗等国际自然疗法，有效活化肝脏部位的细胞组织，恢复、强化肝脏解毒排毒功能，加速废物和废旧细胞的代谢，使肝脏自动修复获得新生。

Long-term and large-quantity alcohol consumption is not liver-friendly, making liver cells lose the functions of breaking down and metabolizing fat and fatty acid. Then fat will start depositing in the liver and result in alcoholic fatty liver. To make things worse, it will lead to cirrhosis. For business people who tend to drink a lot, we will be based on personal conditions, and via blood cleansing, liver cleansing and other international naturopathic therapies, effectively activate the hepatic cellular tissues, restore and promote the detoxification function of the liver, and expedite the metabolism of waste and old cells, making the liver repair itself automatically and regain its original vitality.

## 适用症状

大量饮酒的商务人士（该项目不针对酗酒和酒精上瘾，也不作为饮酒支撑的手段，因为酒精在细胞层面具有毒性，也被认为是诱发重疾和慢疾的原因）

## 服务内容

- 中德专家全面问诊
- 心电图
- 心脏与颈动脉复式B超
- 头部MRI
- 24小时心电图和血压监控
- 心理检查，压力管理和生活方式调整
- 补充输液
- 血液净化
- 红外光治疗
- 肝脏毛细血管特殊扩张（过夜）
- 中医经络治疗
- 肠道水疗（肠道系统清洁）
- 个性化口服药物方案
- 总结性问诊

## 疗程效果

- 解毒器官放松与恢复
- 降低痛风风险
- 提高睡眠质量
- 感觉更强壮、头脑更清晰，全身更轻盈

## INDICATION

Business people drinking a lot of alcohol (This therapy is not for alcohol abusers or addicts. Nor is it a means to assist drinking. As alcohol is toxic on the cellular level, it is considered to be a trigger for heavy and chronic diseases.)

## SERVICE CONTENT

- Comprehensive consultation by Chinese and foreign experts
- ECG
- Echocardiography and carotid sonography
- Brain MRI
- 24-hour dynamic ECG and BP monitoring
- Psychological assessment, stress management and lifestyle modulation
- Supplementary infusion
- Blood restoration
- Infrared laser
- Liver capillary special dilatation (overnight)
- TCM treatment of meridians
- Colon hydrotherapy (intestinal system cleansing)
- Individualized oral medication
- Summary consultation

## TREATMENT EFFECTIVENESS

- Relax and restore detox organs
- Reduce gout risks
- Improve sleep quality
- Feel physically stronger with more lucid mind and lighter body





06

## 心血管系统风险预测和预防

Risk Prediction and Prevention for Cardiovascular System

心血管疾病是全球的头号杀手，它指的是由心脏和血管引发的系列疾病，包括冠心病、脑血管疾病、周围血管疾病、风湿性心脏病、先天性心脏病、心力衰竭及心肌病等，其中有八成的心血管疾病死亡个案由心脏病或中风引致。心血管疾病风险预测和预防对降低心血管发病机率十分重要。通过早期筛查、持续的健康咨询和适当的药物治疗，能防患于未然，将心血管疾病的发病风险降到最低。

Cardiovascular disease is No. 1 killer across the world. It refers to a series of diseases induced by heart and blood vessels, including coronary artery disease, cerebrovascular diseases, peripheral vascular diseases, rheumatic heart diseases, congenital heart diseases, heart failure and cardiomyopathy. 80% of deaths caused by cardiovascular diseases are as a result of heart disease or stroke. It is of high importance to predict and prevent cardiovascular diseases to reduce the morbidity rate of cardiovascular diseases. By early-stage detection, regular health consultations and proper medication, cardiovascular disease is preventable, the morbidity rate of which can be minimized.

### 适用症状

四十岁以上男女

### 服务内容

- 中德专家全面问诊
- 超声检查
- 心电图
- 心脏与颈动脉复式 B 超、DR
- 头部 MRI、心脏 CT
- 24 小时心电图和血压监控
- 心理检查，压力管理和生活方式调整
- 补充输液、排毒
- 血液净化
- 如有适应症，进行铁元素输液
- 中医经络治疗
- 营养专家指导膳食计划
- 运动专家指导运动计划
- 心肌能力支持
- 总结问诊谈话

### 疗程效果

- 心肌梗塞或中风风险显著降低
- 微循环系统提升
- 改善血液粘稠度
- 普遍健康提升与抗衰老

### INDICATION

Men and women over 40

### SERVICE CONTENT

- Comprehensive consultation by Chinese and foreign experts
- Ultrasound
- ECG
- Echocardiography and carotid sonography and DR
- Brain MRI and heart CT
- 24-hour dynamic ECG and BP monitoring
- Psychological assessment, stress management and lifestyle guidance
- Supplementary infusion and detox
- Blood restoration
- Iron element infusion if indicated
- TCM treatment of meridian
- Dietary plan under nutritionist’s guidance
- Sports plan under sports specialist’s guidance
- Myocardial function support
- Summary consultation

### TREATMENT EFFECTIVENESS

- Significantly reduce myocardial infarction or stroke risks
- Improve the micro-circulatory system
- Reduce blood viscosity
- Improve general health and counter ageing





## 尊享会员权益

### RELISH THE VIP RIGHTS AND INTERESTS

- 世界级医师团队
- 24小时的健康咨询服务
- 优质医疗资源和转诊服务
- 实时数字化健康档案
- 重大疾病早期筛查与风险评估
- 个性化整合干预方案
- 慢病管理及生活方式指导
- 从都国际庄园配套优惠权益
- World-class medical team
- 24-hour health counseling service
- High-quality medical resources and referral service
- Real-time digital health profile
- Early detection and risk assessment of major diseases
- Individualized integrated intervention programme
- Chronic disease management and lifestyle guidance
- Supporting preferential benefits at Imperial Springs

\* 成为会员可尊享更多权益，详情可咨询您的健康顾问

## 尊重客户隐私

### RESPECT THE CLIENT' S PRIVACY

我们甄选全球范围先进、安全、有效的设备与技术，同时，也为会员建立实时动态数字化健康档案，采用先进的会员信息管理系统，确保信息安全与保密；同时也可根据会员需求上传健康档案至保密云终端，方便会员在任何地点随时提取个人健康档案。

We select advanced, safe and effective equipment and technology worldwide. At the same time, we also set up real-time and dynamic digital health records for members. We adopt advanced member information management system to ensure information security and confidentiality. At the same time, we can upload health records to confidential cloud terminals according to the needs of members, so that members can extract personal health records at any time and anywhere.





## 一个让人流连忘返的都市庄园

从都生命健康管理坐落于广州从化的凤凰山下，地处拥有100多个湖泊水库、12万公顷青山、森林覆盖率 67.2%的广州从化境内，这里自然风光秀丽，空气清新，四季气候如春，拥有珍稀的氡温泉，自上世纪五、六十年代起，这里便是国家领导人的度假疗养胜地，被誉为“冬都”。毛泽东、周恩来、朱德、邓小平等国家领导人曾到此度假疗养；美国前总统尼克松、越南前主席胡志明等作为贵宾也应邀而至。

这里充满中国的古典内涵与东方气质，又兼有国际化的现代气息。从都整体建筑风格“取意东方，道法自然”，依山势而建，注重人与自然的和谐，汲取中国盛唐时期的建筑灵感，结合现代设计之精粹，气魄雄伟，雅致沉稳，展现着独特的东方建筑美学与人文情怀。

## AN UNFORGETTABLE URBAN MANOR

Congdu Life and Health Management is located at the foot of Phoenix Mountain in Conghua, Guangzhou, with more than 100 lakes and reservoirs, 120,000 hectares of green hills and 67.2% forest coverage. It has beautiful natural scenery, fresh air, spring-like climate and rare radon hot springs. Since the 1950s and 1960s, it has been a holiday resort for national leaders and has been praised. For "Winter Capital". Mao Zedong, Zhou Enlai, Zhu De, Deng Xiaoping and other state leaders have been here for vacation and recuperation; former US President Nixon and former Vietnamese President Ho Chi Minh have also been invited as distinguished guests.

It is full of Chinese classical connotation and Oriental temperament, and also has the modern atmosphere of internationalization. The overall architectural style of Congdu is "oriental, Taoist and natural", built according to the mountain situation, stressing the harmony between man and nature, drawing architectural inspiration from the flourishing Tang Dynasty of China, combining with the essence of modern design, grand, elegant and calm, showing a unique Oriental architectural aesthetics and humanistic feelings.





## 一个让人远离疾病的保健胜地

从化温泉位于广州北部约 75 千米处，又名流溪河温泉，是闻名海内外的风景区与疗养胜地。以水质好、水温高、泉景佳闻名的从化温泉被人们称为“岭南第一泉”，是世界上仅有二处的珍稀的含氡苏打温泉之一，与欧洲的瑞士温泉举世闻名。2009 年，从化温泉荣膺中国世界纪录协会中国第一含氡苏打温泉。温泉热水是稀有珍贵的含氡矿泉热水，水质晶莹，无色无味。1960 年，经广东省地质局水文地质队矿水组对温泉水质进行科学鉴定，证实温泉主要成分含二氧化矽、氡、钙、钾、钠、镁、铵、氯、氟等 10 多种元素。这种温泉热水有重要的医疗价值，对人皮肤病、肩周炎、腰肌劳损、关节炎等 30 多种疾病有辅助疗效。

## A HEALTHCARE SANCTUARY THAT KEEPS PEOPLE AWAY FROM DISEASES

Conghua Hot Spring is located about 75 kilometers north of Guangzhou, also known as Liuxi River Hot Spring. It is a famous scenic spot and convalescent resort both at home and abroad. Conghua hot spring, known for its good water quality, high water temperature and beautiful spring scenery, is called "the first spring in Lingnan". It is one of the only two rare radon-containing soda hot springs in the world, and is world-famous with Swiss hot springs in Europe. In 2009, Conghua Hot Spring was awarded the fifirst radon-containing soda hot spring of China World Records Association. Hot spring hot water is a rare and precious mineral water containing radon. The water quality is crystal clear, colorless and tasteless. In 1960, the water quality of hot springs was scientifically appraised by the Mineral Water Group of the Hydrogeology Team of Guangdong Geological Bureau. It was confirmed that the main components of hot springs include more than 10 elements, such as silica, radon, calcium, potassium, sodium, magnesium, ammonium, chlorine and fluorine. This kind of hot spring water has important medical value. It has auxiliary curative effect on more than 30 diseases such as human skin diseases, periartthritis of shoulder, lumbar muscle strain, arthritis and so on.





## 国际配套，惟您而享

享受，不仅于此。

作为从都国际生命健康管理中心的客户，可尽享整个从都国际庄园的配套设施。在这个享有“中国当代最高水准景观奇迹”美誉的国际庄园内，包括酒店、高尔夫球汇、温泉SPA、私人博物馆等，都将成为您的专属配套。

## World-class amenities, only for your enjoyment

Your enjoyment does not end here.

As a client of the Imperial Springs Centre for Health Management, you are entitled to all amenities in the Imperial Springs estate. Crowned as the landscape miracles of the highest level in contemporary China, it offers you hotel, golf club, hot spring SPA and private museum, all of which will be your exclusive amenities for enjoyment.







“从都国际生命健康管理中心世界一流的技术、世界一流的服务都令我印象深刻。”

— 联合国前秘书长潘基文

“I am deeply impressed by the world-class technology and service of the Imperial Springs International Life and Health Center.”

— Ban Ki-Moon, former Secretary-General of the United Nations



“这里的一切是如此的引人入胜，所有的设施都是极美的，这里的科技也是世界最前沿的！”

— 瓦伊拉·弗赖贝加

世界领袖联盟主席、拉脱维亚共和国前总统

“Everything here is so fascinating, all the facilities are extremely magnificent, and the technology here is also cutting-edge in the world!”

— Vaira Freiberga

President of the Global Leaders Union and former president of the Republic of Latvia





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