



ZENTRUM FÜR POSTINFEKTÖSE MULTISYSTEM-ERKRANKUNGEN

Individualized medicine for children, adolescents, and adults
with ME/CFS, Long COVID, Post-Vac & related conditions

What is Personalized System-Oriented Medicine® (PSOM®)?

Personalized System-Oriented Medicine (PSOM®) is our radically new approach to treating complex post-infectious multisystem conditions such as **Long COVID, Post-Vac Syndrome, and ME/CFS.**



These illnesses often affect children, adolescents, and young adults — people whose lives have been reduced to the bare minimum. Diagnoses are vague, conventional medical options are limited, and families are left feeling helpless. This is about nothing less than finding a path back to life.

PSOM® was developed to meet this exact challenge — with a deep understanding of system interconnections, a structured treatment process, and one clear goal: **To create clarity. To recognize patterns. To open new pathways.**

Because we know: **We can't promise a cure.** But we see it every day — improvement is possible. That stillness gives way to movement again. That those who were written off return to daily life. That energy, clarity, and perspective can come back.

Three Phases. One Goal: A Return to Life.





ZENTRUM FÜR POSTINFEKTÖSE MULTISYSTEM-ERKRANKUNGEN

Individualized medicine for children, adolescents, and adults
with ME/CFS, Long COVID, Post-Vac & related conditions

We work in a **clearly structured, scientifically grounded process**: Three phases – always tailored to the individual, always systemically guided.

Phase I – Review (Understand & Analyze)

We begin with a **complete picture**. This phase is all about understanding how your body, your biography, and your environment interconnect.

Includes:

- In-depth medical history, starting from birth, with a focus on environmental influences (Life Timeline / Biography)
- Modern laboratory diagnostics, imaging, and functional testing to assess biological systems and confirm root causes such as latent infections
- Creation of a personal system map using the **B.A.L.A.N.C.E. Matrix**

Phase II – Reboot (Stabilize & Restore)

Once we see the full picture, we begin to build a new foundation – relieving overloaded systems and reactivating self-regulation.

Includes:

- Focus on gut health, microbiome, nutrition, and nutrient repletion
- Targeted treatment of infections and inflammatory processes, including appropriate off-label medications
- Stabilization of core physiological systems

Phase III – Rebalance (Optimize & Anchor)

Now the focus is on sustainable balance – **physically, emotionally, and mentally**.

Includes:

- Hormonal regulation (thyroid, adrenals, sex hormones)
- Support of detox pathways (kidneys, liver, lymphatic system, cellular matrix)
- Building emotional resilience (e.g., sleep, stress response, self-regulation)
- Establishing self-efficacy and health-promoting routines in daily life

We accompany **you - or your child -**, step by step, back to a functioning life. Not always linear – but always guided.



ZENTRUM FÜR POSTINFEKTÖSE MULTISYSTEM-ERKRANKUNGEN

Individualized medicine for children, adolescents, and adults
with ME/CFS, Long COVID, Post-Vac & related conditions

The B.A.L.A.N.C.E. Matrix – Your Internal Compass

Multisystem conditions require more than fragmented diagnoses. That's why we work with the **B.A.L.A.N.C.E. Matrix**, a scientifically grounded model that maps **seven core biological systems**:

- **Biotransformation** – Detoxification, antioxidant capacity
- **Activation** – Energy production, mitochondrial function
- **Locomotion** – Musculoskeletal system, fascia, muscle tone
- **Absorption** – Gut health, nutrient uptake, microbiome
- **Neuroregulation** – Hormonal balance, neurotransmitters, stress systems
- **Circulation** – Cardiovascular health, microcirculation, endothelial function
- **Equilibrium** – Inflammation regulation, immune system, repair processes

Especially in conditions like ME/CFS, Long COVID, and Post-Vac, this system map helps reveal **hidden connections between seemingly unrelated symptoms** – enabling targeted, root-cause treatment.

Beyond Conventional Personalized Medicine

Traditional personalized medicine – supported by initiatives like those of the **German Ministry of Research** – is a valuable advancement: It leverages molecular diagnostics, genetic risk profiling, and digital data platforms, especially in oncology, metabolic, and infectious diseases.

We walk this path – and go a step further.

PSOM® integrates this foundation and expands it with what truly defines human health:

- Environmental factors like toxins, nutrient deficiencies, physical activity, and sleep quality
- Biophysiological networks such as the microbiome, mitochondria, hormonal axes, and the autonomic nervous system
- Psychosocial and emotional dynamics – from chronic stress to trauma to inner resilience



ZENTRUM FÜR POSTINFEKTÖSE MULTISYSTEM-ERKRANKUNGEN

Individualized medicine for children, adolescents, and adults
with ME/CFS, Long COVID, Post-Vac & related conditions

- And finally, the ecological and spiritual dimensions of health: Who am I?
Where am I in life? What gives me strength?

PSOM® is not just personalized – it is systemic, integrative, and deeply human.
It's a medicine that offers **clear, structured, and grounded responses** to complex conditions.

We call it: **System medicine that works.**

Why You Won't Find These Services in Standard Care

The depth, interdisciplinary nature, and personal commitment required in this model cannot be provided within the constraints of conventional healthcare systems (EBM, GOÄ). That's not a flaw. It's a **conscious step outside of a system** that simply wasn't designed for these types of conditions.





ZENTRUM FÜR POSTINFEKTÖSE MULTISYSTEM-ERKRANKUNGEN

Individualized medicine for children, adolescents, and adults
with ME/CFS, Long COVID, Post-Vac & related conditions

The Power of Place

The **ZPIMS – Center for Post-Infectious Multisystem Conditions** is not a traditional healthcare center.

It is a space intentionally created for people whose lives have fallen out of rhythm. A place for listening, for structure, for healing.

Here, **modern medicine meets lived humanity**. Research meets intuition. Data meets stillness.

Science meets Nature. Wisdom meets Soul.

We are scientifically precise — and radically human. We take what you feel seriously. We bring structure where others see chaos. We offer clarity where there was despair. And we say clearly: **Yes, there is hope**. Not as a slogan. But as a process — grounded, structured, step by step.

