

Biography of Dr. Thomas Rau M.D.

born in Trogen, AR, Switzerland (1950)

Dr. Thomas Rau M.D. studied medicine at the University of Berne, the leading medical school in Switzerland, and passed the final medical examinations in the USA in 1976. He began his career in rheumatology, internal and general medicine. Working as a conventional physician from 1981 to 1992 and also concurrently as medical director in a Swiss Clinic for rheumatology and rehabilitation medicine he treated patients with various degenerative disorders.

During that time, Dr. Rau first began to notice, as he quotes, that “with classical medicine, my patients weren’t getting better”. Therefore, he embarked on his mission to create a new system of medicine which effectively helps patients to recover their health. He focused on natural therapies, particularly homeopathy and dietary changes where patients treated with these therapies had been seen to recover. Using such therapies, he found his own patients began to show remarkable progress. Dr. Rau became a lifelong student of alternative medical methods, including Chinese and Ayurvedic medicine, as well as the great holistic practitioners of the Swiss and German traditions. He studied with the leading European practitioners of his age, and gradually formed his own theory of restoring health to his patients based on detoxification, nutrition, digestion and strengthening of the immune system, which he named Swiss Biological Medicine.

Dr. Rau has formed and built up a number of institutes with the central theme being Swiss Biological Medicine. He treated his patients, from 1981 to 1992, in an independent practice. At the same time, he was medical director of the “Kurzentrum Bad Walzenhausen”, a rehabilitation clinic for patients with cardiac and rheumatic problems. Additionally, Dr. Rau worked as a doctor in a drug rehabilitation center from 1983 to 1992. Since 1997 he has been actively involved in building up partner clinics in the US, Switzerland (the Clinica Paracelsus Al Ronc), Malaysia, Vietnam and Cyprus. He is a member of numerous medical societies and was a founder, and until 2008 a board member, of the Biological Medicine Network, USA. One of his biggest projects was the Paracelsus Clinic Lustmühle, where Dr. Rau was medical director and part owner from 1992 to 2020.

Dr. Rau is still, in his heart, very much a doctor treating his patients, but it has become increasingly important to him that his growing knowledge and expertise is widely disseminated. Colleagues and partners who understand the benefits and the importance of Biological Medicine turn to Dr. Rau to learn this art and build up their skills. Through his long-standing teaching activities in seminars and public talks, Dr. Rau has become more and more involved in the international scene in this field.

The demand for academic teaching increased so significantly over time that additional education programs have been regularly held for a number of years and will be further developed and enhanced. These programs, still very much tied to Dr. Rau in person, should therefore be expanded to include teaching by other experts. Consequently, he founded BioMedicine International AG with the aim to establish a wide, high worth offering that is not tied to a person but becomes an international movement. The expertise of Dr. Rau will be transferred by qualified colleagues, via BioMedicine International AG, to other experts in order to enable the building of a network.

Dr. med. Thomas Rau is recognized today as being the expert in Swiss Biological Medicine. He is also the author of numerous articles, publications and books in this very important field of medicine.