



Franziska
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Franziska Killermann-Chizzola was born in Vienna in one of the oldest Italian aristocratic families as Contessa Franziska Chizzola. At a very young age, she got in contact with the Order of Malta through her parents, where members voluntarily took care of elderly and handicapped people. She worked significantly in these projects, and got familiar to the world of illness and medicine. That inspired her to work in the medical field and attend the university hospital of Vienna to later become an occupational therapist, and to be able to deal directly and deeply in the daily problems of any handicapped person.

In 2000, she moved to Switzerland where she met her Austrian husband, former manager and legend in gastronomy Ludwig R. Killermann. They decided to open their own institute for pain therapy in 2009.

1. So Franziska, how is to be an aristocrat?

I am often asked this question. Not proud but conscious about my ancestors that merited the title about decades through their personal efforts and achievements for their country. One of our greatest ancestors was Giacomo Chizzola, who particularly influenced the history of Upper Italy.

Being born in an old family I have the duty to behave respectfully and civilized towards others. Anyone can prevail aristocracy in their heart independently from having a title.

2. Now tell us about your institute, how did you become a pain therapist?

In the profession of an occupational therapist your duty is to help the patients to organise their normal daily lives despite being handicapped or ill. In my work, I had so many patients with chronic pain and they had to live with it. But I believe: nothing is impossible!

That's how I started to search finding ways and possibilities to cure the cause of pain and solving daily problems automatically. I passed specific assessments and went to many medical forums to look for the most efficient methods and modern medical technologies. In my institute, I am equipped with the most modern and leading medical technologies in the manual of pain therapy treatments.

3. How do the people come to your Institute?

This is very individual, through clinics, the GP's advice or referral, or by themselves. I also have many clients coming from abroad, staying 1-2 weeks for intensive therapy. Before patients come to me, they often had long ways of going from one therapist to the other, but in about half a year-depending on the problem- my patients are cured and stay very stable. Also, it is very important to keep doing the exercises. My principle of work is bringing the bones, muscles and fascias in the right order as it was before a physical problem occurred, then the body has the possibility to reorganise itself and to withstand the daily requirements.

Unfortunately there is a quite long waiting list, as a result from a very successful treatment. But to reset and reorganise the body, it is never too late and people must

admit, that the problem did not occur one day to the other. But the good thing is, that I get people who really want to work on their body and want to be cured.

4. And who do you owe your success to?

Firstly my husband, who supports me in every matter and organises everything around the institute. A big part plays also the confidence of my patients that have being cured and recommend me to others and the involved doctors.

Having the best surrounding circumstances with hard work, being curious about new explorations and willing to achieve what you want to, will make you reach the goal you have set for your life and a bit of good luck.

Entrepreneur Rolf Dolina, a friend of my husband said: "The more I worked, the harder I worked, the more good luck I had. The hardest thing in the world is having good luck".

5. What do you most love in your work?

Making people happy and giving hope that everything comes good at the end. With a will and the right treatment everybody can be and stay painless.

6. Where are your favourite holidays?

I love climbing in the mountains and being in nature. For a really relaxing holiday I love to go to Paros in Greece, a small beautiful island. But I also love visiting big cities like Paris or Barcelona, their museums and boutiques.

7. Which is your beloved place in Switzerland?

Being on a boat in the lake of Lucerne, watching the many different corners and moods of the surrounding regions, lost in my thoughts. When I have more time, I relax in the Health & Wealth Residence Parkhotel Vitznau.

8. In which restaurant do you enjoy spending a nice evening?

My favourites are Rico's Kunststuben in Küsnacht, Hubert Erni „the Blinker“ in Cham, Peter Kogels „Les Trois Rois“ Restaurant Cheval Blanc in Basel, and finally Bernadette Lisibach „Neue Blumenau“ in Lömmenschwil.

9. Where would you get lost in Zurich?

In the Dolder Grand Spa.

10. Which magazine inspires you?

I like the GEO Magazine with it's different and multifaceted reportages all around the world, but also News magazines.

Naturally I read lots of medicine Journals to stay updated about the newest methods and insights.

11. What can't you live without?

The essence of life is love, without love, life is not worth living. But I also need faith and my beloved husband with whom I can always laugh.

12. Which food would we find always in your fridge?

Different biological products and Aloe Vera drink, that helps me keeping full of energy and a healthy immune system, which is very important in my work with people.

I also love a good bottle of wine and little nibbles when we get unexpected guests, which are always welcome.

13. And finally which item identifies you?

A difficult question because I am not so addicted to special things, but I would say the seal ring with the family coat of arms, that reminds me of the origins of my family. What identifies me personally is my big heart and my laughing.

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