

Health is Central

Nutrition, exercise & regeneration based on Modern Mayr Medicine

Modern Mayr Medicine is a proven path towards a natural, harmonious and desirable way of life.

A holistic health programme for sustained energy

What began with the F.X. Mayr cure a hundred years ago has been rediscovered and renewed by blending insights from conventional medicine with complementary medicine such as psychology and psychotherapy to meet the patient's individual needs and to create a holistic programme for true health.

Modern Mayr Medicine takes into consideration the change in normal habits due to stress, professional activities, inadequate diet and lack of time. Our holistic method is based on the pillars of nutrition, exercise and regeneration. The goal is always to improve your life-energy as a source of health, well-being and power for everyday living.

Health begins in the intestines

Being healthy is necessary for a beautiful and radiant existence.

Health, beauty and vitality depend on digestion. All our bodily processes are affected by the acceleration or deceleration of the metabolism. Every new cell develops on the basis of building blocks that are influenced by what we eat.

Every day, the intestines provide the entire organism with nutrition vital for survival. Digestive organs that function poorly can endanger your overall health.

Modern Mayr Medicine is based on knowledge of the traditional F.X. Mayr cure, which recognizes the inadequate functioning of the intestines as the cause of many disorders of the body and soul. Conventional medicine commonly focuses only on fighting the symptoms, whereas the diagnostics of the F.X. Mayr method seeks to detect problems early and then to treat the actual causes.

The Basics

Basics - the traditional F.X. Mayr cure

The Austrian doctor and researcher, Dr. Franz Xaver Mayr (1875–1965), was the first to recognise the relationship between illness and problems regarding the digestive system. Dr. Franz Xaver Mayr understood the intestines as the central organ for biological strength and health. Measuring some 400 sqm surface area, the intestines are the largest organ in the human body. They are responsible for most of the body's disposal of accumulated toxins and wastes.

Dr. F.X. Mayr was a true pioneer in natural, preventative medicine. He introduced the concept of dietetics and controlled fasting to Western medicine and developed a medical concept for long-lasting health: diagnosis and therapy according to the Dr. F.X. Mayr method.

His theories have been empirically tested and proven, and have long since found their way into daily medical routines. The work of Dr. Franz Xaver Mayr lives on in the international association of Mayr physicians. Over 1,000 physicians throughout Europe employ the Dr. F.X. Mayr method in hospitals, private practices and treatment facilities. Millions of people have Mayr therapy to thank for their health – indeed, in some cases, their very lives.

Fundamentals of the Mayr Cure

The intestines as the "root of the body" provide your body with everything it needs. When supplied with too many harmful or improperly composed nutrients, the body begins to accumulate hazardous toxins in its cells. Many diseases of modern civilization are caused by precisely this accumulation of bodily waste and toxins among them: type 2 diabetes, gout, gall and kidney stones, cellulite, rheumatic pain, arthrosis, arteriosclerosis, organ failure and even cancer. Regular cleansing of the organism is an ideal way to stay healthy and fit.

Dr. F.X. Mayr developed a comprehensive programme to re-establish the health of the digestive system. Fat, protein and carbohydrate reserves are expunged, toxic deposits are dissolved and drained out through the rectum. The basic principles of the Mayr Cure are the three 'S's': Security, meaning the protection of the intestines, Sanitation, meaning the detoxification of the intestines, and Schooling, meaning instruction in proper health.

The Modern Mayr Therapy

Further development of the Mayr Cure for a comprehensive health programme: Modern Mayr Medicine at the Parkhotel Igls

Modern Mayr Medicine as practised at the Parkhotel Igls builds upon the Mayr Cure and expands the concept of early detection combined with conventional and complementary medicine. Conventional medicine commonly focuses on treating the symptoms of a problem, whereas the Modern Mayr Medicine focuses on the underlying causes. We apply traditional F.X. Mayr techniques for early detection in combination with the diagnostic methods of modern conventional medicine. Working together with eminent specialists from the medical staff at the University Clinic allows us to offer additional, in-depth examinations. The holistic approach of Modern Mayr Medicine takes into account all risk factors, including high blood pressure and obesity as well as minor organic disturbances, such as metabolic problems or an imbalance in the blood or lymph nodes. With these risk factors eliminated, your body can be detoxified, truly cleansed – and a new, healthier life can begin.

Six principles of Modern Mayr Medicine

Modern Mayr Medicine expands the three tried and tested principles of the F.X. Mayr Cure mentioned above into six principles by adding three more 'S's': 'Substitution', 'Sport' and 'Self-discovery'. In discussions with our team of doctors and from special lectures, you will learn the correct way of chewing and enjoying your food, and will experience new aspects of eating. You will be assisted and informed about the latest advances in nutritional psychology. Whereas the traditional Mayr cure was based on fasting and maintaining a strict dietary regime, with our Modern Mayr Medicine your treatment progresses smoothly and comfortably, but is no less effective.

The Modern Mayr Therapy

Six principles of Modern Mayr Medicine

continued

Security (protection)

Protection of the digestive tract through fasting or a diet specifically adapted to your own needs.

Sanitation (detoxification)

Cleansing of the digestive system by drinking a saline solution and through the drinking of water otherwise.

Schooling (instruction)

As part of your consultations with our physicians and medical lectures, you will be instructed in correct chewing and eating procedures, as well as in regaining lost reflexes (chewing reflex, satiation reflex, thirst reflex, etc.), correct nutrition for everyday life and approaches to nutrition. This builds the foundation for a lasting regeneration of damaged bodily functions.

Substitution

Wherever indicated, the therapy is supported by the introduction of vitamins, minerals and trace elements.

Sport

All kinds of daily outdoor and indoor exercises and sports activities, tailored to your requirements, can be undertaken under the instruction of dedicated professionals.

Self-discovery

As part of your consultations with our physicians or (if desired) also through specialist psychological consultation, your therapy time can also be used for self-discovery, as healing and fasting is a period perfectly suited to this.

Furthermore ...

Detoxification without medication

When used correctly, medicine can save lives and soothe pain. Pain is a symptom, signaling that something is wrong within our bodies. This is why painkilling medications were developed. However, that method of pain treatment fails to take into consideration the underlying causes of the problem, and cannot therefore resolve the problem. Non-degradable substances from frequently used medication build up bodily toxins, negatively influencing the body's acid/alkaline balance. Many medications affect the symbiotic intestinal flora essential for the metabolic process, and this results in a general weakening of the immune system. Frequent use of medication means frequent ingestion of toxins. Through Modern Mayr Medicine, you can reduce or even end the need for intestinal medication.

Mental health and well-being

Dr. Franz Xaver Mayr recognized the relationship between physical and mental purification and the effects of therapy on the soul. Many guests discover that during their cure they become free of old psychological problems and can now take the next steps forward in life. In support of your treatment, we offer various autosuggestion techniques in the Parkhotel, to re-establish the balance between physical and psychological functions. Our skilled psychologists focus on finding the type of mental training best suited to your individual needs.

The positive effects of 'mental purification' can lead to improvement in many areas:

- Muscle relaxation exercises and specific breathing techniques
- Autogene training for relaxation and better concentration
- Psychotherapeutic one-on-one sessions to help you experience greater vitality and happiness
- Psychological advice regarding emotional conflicts, professional reorientation or life crises
- Lecture presentations for a self-aware future and healthy life
- Self-discovery work

Furthermore ...

Mental health and well-being

continued

Deep-seated causes of self-destructive behaviour can be eradicated through internal processes. Modern Mayr Medicine makes it easier for you to undertake lasting lifestyle changes for better health: a comprehensive means of prevention for the body and soul.

Regular, medically-assisted 'time off'

For people under a great deal of pressure, regular 'time off' is important to maintain efficiency and strength. Modern Mayr Therapy cleanses both body and mind. Concentration and an improved mental state, as well as professional accomplishments, can be gained through therapy. The Parkhotel is ideal for year-round regeneration and time off from the pressures of everyday life.