



An Introduction to the Modern Mayr Therapy

— *Founder of the Modern Mayr Therapy*

Dr Franz Xaver Mayr

The principle of the Modern Mayr Medicine (also Modern Mayr Therapy) is based on the life's work of the Austrian physician and researcher, Dr med Franz Xaver Mayr (1875–1965). A pioneer of his time, Dr FX Mayr was the first trained physician to discover and research the fundamental importance of the digestive system for overall health and well-being. In addition he is recognised to have established the foundations for natural preventive medicine. Dr FX Mayr is widely credited to have incorporated dietary awareness and supervised fasting into Western medicine, hence inspiring many followers in the medical world to regard health as a quantifiable state, which can be achieved through the therapy developed by Mayr.

The son of an Austrian farmer, Franz Xaver Mayr had extraordinary powers of observation from an early age. Later in life, this gift enabled him to arrive at the pioneering insights in the fields of early diagnosis and preventive medicine by using natural methods and ingredients. In his role as the Head Physician of the famous Karlsbad Spa, Mayr treated prominent personalities of that period, however the main achievement of his long years of research remains the unique approach to medicine known as the Mayr Therapy. Today the philosophy and findings of his life's work continue to increase in importance, not least amongst followers of conventional Western medicine.

The work of FX Mayr lives on in the International Society of Mayr Physicians with more than one thousand doctors throughout Europe practising the basic principles set forth by him – in hospitals, private clinics and spas. Millions of people can thank the Mayr Therapy for fundamental improvements to their health, indeed many owe it their lives.

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— *The Modern Mayr Medicine*

For Prevention and Cure

The currently practised Mayr Medicine combines the well proven FX Mayr teachings in diagnostics and therapy with conventional medicine. At the Parkhotel Igls our trained physicians evaluate the state of your health by means of natural indicators initially developed by FX Mayr himself and now complemented by state-of-the-art medical equipment. Our close collaboration with the University Clinic of Innsbruck provides additional advantages through their high tech clinical laboratories. Our treatments are built on the foundations of the FX Mayr Therapy: preservation, cleansing (detoxification) and training. The focus is on the cleansing and care of the digestive tract whilst learning about appropriate nutrition, hence activating the body's self-healing powers and facilitating long-lasting improvements to the overall state of health.

The central elements of the classic Mayr Cure are substantiated by a wide range of current insights and experiences, including moderate sports and physiotherapy as well as measures promoting equilibrium and self-awareness. Together, these elements constitute the Modern Mayr Therapy.

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A Paradigm for the 21st Century

Throughout the past few decades conventional Western medicine has made remarkable discoveries leading to considerable, often sensationalized success. However, frequently the ultimate result was superficial, as only the symptoms were treated. The Mayr Diagnostic Method is indicative for a combination of conventional medicine with the Mayr Therapy, resulting in fundamental well-being and dealing with both - causes and effects. The Modern Mayr Medicine provides effective preventive treatment as well as being an invaluable approach to regeneration and a natural anti-ageing regime.

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