

# niche

**PRESS RELEASE | April 2018**

## **Treating Parkinson's Disease through Neuro@Mayr Positive results on degenerative nervous system diseases at Park Igls**

The latest neuroscientific findings\* (references cited below) prove what Mayr physicians have long suspected: degenerative nervous system diseases, such as Parkinson's disease and multiple sclerosis, originate in the gut. The Neuro@Mayr treatment at the Park Igls Mayr clinic tackles these conditions from their source using a combination of tailored treatments with positive results.

The combination of treatments within the Neuro@Mayr programme can lead to long-term improvements in mobility and coordination. The diet plan helps to cleanse and stabilise the gut, coaching sessions teach patients coping strategies for everyday life, Feldenkrais® sessions develop new movement patterns to be explored and learned, and deep-tissue massages relax the muscles, enhance mobility and improve sleep.

The Neuro@Mayr programme includes assessment sessions, physiotherapy, training and coaching sessions, three Feldenkrais® lessons, three partial body massages, daily Kneipp treatments, exercise classes, use of the swimming pool, sauna and panoramic gym, and a personalised Modern Mayr cuisine diet plan. Priced at €1,980 for one week, excluding accommodation.

### **FAQs with Dr Peter Gartner, Park Igls Medical Director**

#### **How does the Neuro@Mayr module work?**

Modern Mayr Medicine's regenerative effect on the neuro-intestinal system combined with targeted physiotherapeutic treatment, one-to-one neuropsychological coaching, deep-tissue massages and Feldenkrais® improves flexibility and coordination, teaches new ways of moving and offers strategies for making day-to-day life easier.

#### **At what stage of Parkinson's can Neuro@Mayr improve symptoms? And when does it cease to be helpful?**

Sustained improvement can only be expected in the early stages. Unfortunately, improvement is unlikely for advanced forms of neurodegenerative diseases.

#### **Can Neuro@Mayr and intestinal cleansing in general also prevent degenerative diseases of the nervous system?**

Based on current scientific studies\*, I can only say: absolutely!

#### **Is there a test to determine the likelihood of developing Parkinson's disease?**

A number of symptoms may suggest the beginnings of Parkinson's disease. These include constipation, olfactory disorders, sleep disorders, inner agitation and, of course, the classic neurological changes in posture, movement, hand-writing and voice. Ultimately, a neurologist would need to be consulted for a clear diagnosis.

#### **What can Parkinson's patients do to help relieve their symptoms?**

There are numerous tips and tricks, depending on whether the focus of the symptoms lies in the motor, vegetative or psychological area. Our therapists can provide more information. Also, there are many self-help groups and organisations that can be useful, including [www.parkinsons.org.uk](http://www.parkinsons.org.uk) and [www.michaeljfox.org](http://www.michaeljfox.org).

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## \* Recent studies relevant to Neuro@Mayr and Parkinson's:

Sampson T. R., Debelius J. W., Thron T., Janssen S., Shastri G. G., Ilhan Z. E., et al. . (2016). Gut microbiota regulate motor deficits and neuroinflammation in a model of Parkinson's disease. *Cell* 167, 1469–1480.e12. 10.1016/j.cell.2016.11.018

Scheperjans F. (2016). Gut microbiota, 1013 new pieces in the Parkinson's disease puzzle. *Curr. Opin. Neurol.* 29, 773–780. 10.1097/WCO.0000000000000389

<https://www.sciencedirect.com/science/article/pii/S0022510X17334548>

<https://onlinelibrary.wiley.com/doi/full/10.1002/mds.26942>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5766661/>

<https://www.sciencedirect.com/science/article/pii/S1043276018300274>

<https://www.sciencedirect.com/science/article/pii/S0006899317301804>

## The Park Igls

Park Igls is one of the leading Mayr clinics in Europe. The 'house in the park' offers personalised exercise, nutrition and regeneration concepts and state-of-the-art diagnostics based on Modern Mayr Medicine. Guests can choose between different therapeutic modules, ranging from Mayr Classic, Mayr Intensive and Mayr De-Stress to Musculoskeletal System, Metabolism & Detox and Heart & Circulation. The range of matchless diagnostic modules includes the Super Medical Check, Men's Medical Check and the Ultrasound Screening Package. Innovative forms of exercise including kybun® and TheMedGolf® are exclusive to the Park Igls. Facilities offer a high-tech medical department and modern destination spa, spacious relaxation rooms, fitness studios and a well-equipped gym. Modern Mayr cuisine is an integral component of the innovative services on offer. Park Igls has been awarded the prestigious Condé Nast Traveller 'Most Effective Medi-Spa' Spa Award and regularly features in influential Spa Guides.

Advance reservation is essential. Standard single rooms from €1,071 per week.

**Reservations: [www.park-igls.com](http://www.park-igls.com) / +43 512 377305**

Park Igls Mayr Clinic is included in niche destinations distinctive portfolio:

**[www.niche-destinations.com](http://www.niche-destinations.com)**

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