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RENEWED ENERGY WITH MODERN MAYR MEDICINE FASTING AND DETOX

Fasting as a source of health and wellbeing

‘To abstain from all or some kinds of food or drink’ is the OED’s definition of fasting. There are many ways of fasting – and as many reasons. Detoxing, boosting the immune system, shifting a few pounds and clearing the mind are just a few. Fasting is like a reboot that helps us to focus on fresh objectives, paving the way for lifestyle enhancements and better health.

‘We are seeing a general, upward trend in fasting and in Modern Mayr Medicine in particular,’ notes Dr Peter Gartner, Medical Director at the Park Igls Mayr clinic in Tyrol. ‘When we overload our body’s ‘waste collection system’ with unhealthy habits, by eating too quickly and too late, the body stores residual toxins in the connective and fatty tissue. Drinking large quantities of water under medical supervision together with the ingestion of certain bitter compounds can get rid of these surplus substances via the kidneys, liver and intestines. To avoid producing new garbage during the process, we seriously reduce food intake during detoxification by fasting,’ explains Dr Gartner.

‘One of the Mayr method’s really special features is that it’s so easy to understand: we explain how detoxification functions so our guests don’t have to have the faith to make it work – it just does,’ says Gartner. ‘At the heart of the Modern Mayr method is that it teaches people how to eat, chew, insalivate properly and thereby predigest their food. The condition of the digestive tract is reflected in a person’s state of health. No other detoxification method teaches so much for everyday life!’

FX Mayr

Early in the 20th century, the Austrian physician Franz Xaver Mayr recognised that the causes of many classic lifestyle diseases lie in the digestive system. For this reason, he focused his medical work on regenerating and healing the intestine with regular courses of detoxification. He developed a holistic medical health-maintenance concept.

Modern Mayr Medicine

The people at the Park Igls Mayr clinic in Tyrol are pioneers of Modern Mayr Medicine. ‘What began with the FX Mayr cure a hundred years ago has been rediscovered and renewed by absorbing insights from conventional and complementary medicine as well as psychology. The result is a holistic programme for health that meets each patient’s individual needs,’ Dr Gartner explains.

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'Modern Mayr Medicine takes into consideration lifestyle modifications caused by stress, work, time poverty and dietary changes. Our holistic method rests on three pillars: nutrition, exercise and regeneration. The objective is to improve vital energy – the source of health and wellbeing.'

The four guiding principles of preventive medicine established by early Mayr medicine – cleansing, resting, learning and supplementing – are accompanied in Modern Mayr Medicine by exercise and self-discovery. Appropriate exercises improve general fitness, vitality and therapeutic success. A comprehensive range of psychological services complements the Modern Mayr treatments: 'Fasting can have the effect of prompting emotional and physical healing. Therapy can also lead to self-discovery via consultation with our physicians or with the help of specialist psychologists', adds Dr Gartner.

No sticklers for tradition at Park Igls

FX Mayr famously advocated a diet of bread rolls and milk, but Mayr has come a long way since then. The Park Igls Mayr clinic has developed Modern Mayr cuisine, a gourmet concept with an eight-step plan of diet-friendly and utterly delicious meals. Special attention is paid to their acid-base composition and the use of organic and regional products.

A quick guide to fasting

Dr Peter Gartner enlightens us on the principles of healthy fasting

How do we best prepare for a fast?

'A week before you start fasting, cut down on your intake of acidic foods and beverages: avoid sugar, meat, alcohol and coffee as well as raw and fatty, hard-to-digest foods. This small change is enough to improve your quality of life and will make the treatment programme to come all the more welcome!'

How often should we undergo a fast?

'Ideally, we recommend repeating a treatment programme after six months, but an annual fasting programme lasting two or three weeks is more realistic for most people.'

What are the contraindications to fasting and when is caution advised?

'The gentler the diet prescribed by the Mayr physician, the less rigid the contraindications: caution is advised in untreated cases of thyroid disease and cancer as well as in cases of mental illness such as schizophrenia, psychosis, dementia, debility or severe autoaggressive behaviour.'

Any other tips?

'Drinking plenty of fluids is extremely important during a detox, and you should have around three litres of fluids over the course of each day. Chronic acidification is the root cause of many lifestyle diseases, which is why the chief purpose of a Mayr fast is to restore the body's acid-base balance.'

Beware!

'We absolutely advise against unsupervised fasting at home. On the other hand, we do recommend fasting as an in-patient or at home but under the supervision of a Mayr physician. He or she is able to favourably affect the course of therapy by means of two or three checks each week that also include the manual abdominal treatment, an indispensable part of any Mayr therapy.'

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Fasting with Modern Mayr Medicine at Park Igls

An excellent choice for anyone who values top-level medical expertise combined with a wide range of diagnostic and therapeutic options. Anyone suffering from metabolic disorders, issues affecting digestion, allergies, food intolerances, burnout, insomnia, discomfort in joints and musculoskeletal system, heart and circulation problems, high blood pressure, obesity and many other conditions. Great for food lovers – after all, this is gourmet fasting – and for fitness fans who will love the well thought-out exercise programme. Also, anyone with an interest in being – and staying – healthy.

We recommend the one-week **Metabolism & Detox** therapeutic module which favourably impacts chronic conditions such as diabetes, high cholesterol, elevated uric acid, allergies, skin complaints and food intolerances.

The Mayr Metabolism & Detox therapy module includes:

Initial examination – integrated health check | 1 medical examination – manual abdominal treatment | Concluding examination | 1 bioimpedance measurement (lean tissue, water and body fat) | Expanded laboratory blood tests | 1 personal training session | 3 partial body massages | 2 lymphatic drainages or full body massages | 3 liver compresses with beeswax | 1 continuous shower massage | 1 metabolic detox bath | Daily Kneipp treatments | Personal Modern Mayr cuisine diet plan | Mineral water, herbal tea and base broth | Exercise sessions, anti-stress exercises, and mental coaching sessions | Lectures | Use of swimming pool, sauna and panoramic gym. **Price:** 1 week Metabolism & Detox €1,892 per person excluding accommodation (from €148 pp/pn in a standard double room)

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, Modern Mayr Medical Check and the Ultrasound Screening Package. Innovative forms of exercise including kybun® and TheMedGolf® are exclusive to Park Igls. Facilities include a high-tech medical department and modern destination spa, spacious relaxation rooms, fitness studio and a well-equipped gym. Modern Mayr cuisine is an integral component of the innovative services on offer. Park Igls is a recipient of the prestigious Condé Nast Traveller ‘Most Effective Medi-Spa’ Spa Award and regularly features in influential spa guides.

www.park-igls.at | Download photos: <http://bit.ly/2iVthfo>

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