

Therapies & Treatments



MAYRLIFE

MEDICAL HEALTH RESORT
ALTAUSSEE



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Medical applications

Initial medical examination

During the initial medical examination, the doctor conducts a review of the medical history and carries out a physical examination in accordance with the work of Dr. F. X. Mayr. The course of the treatment, therapy recommendations, further diagnoses and diet are then determined on the basis of this diagnosis. This is also when the supplements and medicines that will accompany the treatment are prescribed. If the guest has opted for the precare option, i.e. preliminary diagnostics, the duration of the initial examination is extended; in addition, the results are discussed and measures are derived from these results.

Final medical examination

The final medical examination allows the guest to discuss the further course of treatment and at-home recommendations for intestinal cleansing and supplements. All test results are reviewed once more from a holistic point of view, and the success of the treatment thus far is discussed. Further diet recommendations are then specified precisely in an additional chat with the nutritionist as part of the conclusion of the treatment and the return to daily life.

Functional myodiagnosics

Functional myodiagnosics observes how muscular strength changes in response to a targeted provocation in order to determine whether the body requires support in its normal functions with regard to supplements, medicines and vital nutrients. In addition, this test also determines whether there are any food intolerances that should be taken into particular consideration when healing the gut. With the help of these test results, your doctor can then prescribe further diagnostics and treatment.

Manual abdominal treatments

Manual abdominal therapy is a gentle, particularly effective therapy. It stimulates intestinal activity, supports the most important digestive glands in all their functions and leads to a noticeable decongestion of the stomach and the lymph. Improved breathing increases the intake of oxygen, thus providing every single cell in the body with more oxygen. Manual abdominal therapy also provides a way of checking on the course of treatment, so that important, individually necessary adjustments can be made. Every guest receives this abdominal therapy as often as is possible and needed.

Discussion of lab tests

During the discussion of the findings, you receive a detailed explanation of the lab tests carried out (FRAS, CCX, urine analysis etc.) with recommendations for action. These include further therapy recommendations and the prescription of supplements during your stay and afterwards.

Neural therapy

Neural therapy is considered a holistic form of regulation therapy. The goal is to bring disturbed regulatory systems back into balance on various physiological levels. Multiple small disturbances are capable of derailing the body's own self-regulation and often show up in the form of pain, for example. The holistic perspective taken by neural therapy is based on the premise that, for example, damaged teeth, the chronic inflammation of sinuses and organs e.g. the tonsils, and even scars, act as fields of disturbance or hotspots in the body.

Temporarily deactivating these underlying factors creates the conditions to normalize or improve regulatory processes that have become derailed. This can be achieved, for example, through targeted injections of small doses of local anesthetics or other substances.

Acupuncture

The stimulation of acupuncture points is one of the oldest, most commonly used healing methods in the world. As far back as 3000 years ago, in China ailments were treated in this manner effectively and without side effects. The insertion of needles at incredibly precise, established points in the skin boosts the self-healing powers of the

organism and normalizes disturbed functions once more. Today, the effectiveness of acupuncture has been well substantiated by scientific research.

Gentle punctures in the acupuncture points influence the meridians. These are channels of energy that extend across the whole body like a network. This is the energy network that impacts the body, mind and spirit at the same time. A balanced body, mind and spirit at once, represent the ideal state of health; in the long term, any imbalance leads to illness. And since acupuncture works at all levels via the meridians, it also supports the overall success of your treatment.



Psychological therapy

Psychological consultation

As part of the overall immune system, it is important to strengthen our psychoneuro-immunology. Our range of offers in the area of psychology are designed to develop mental strategies in order to improve our mental hygiene. Simple exercises help to ease the stress that keeps the body tense. You will be able to start breathing deeply again, to let go and to recuperate.

Emotional detoxification

By applying a variety of methods in the area of emotional detoxification, the connection between the body and the feelings is restored and stress is released from every single cell, the head and the entire system.

Holistic coaching

Holistic coaching makes use of the SIA technique – Somatic Intelligence Experience. Traumatic experiences are stored in the body. With this unique technique, the representative immersion of the therapist in this state allows the body to rid itself of this emotional baggage.

Stress control (mindfulness training – self-awareness)

Stress control employs mindfulness training to strengthen self-awareness by leading us into our own presence, our own body. You become aware of your thoughts and feelings; you learn that your breath accompanies you constantly, connecting the internal and the external as the anchor that brings you back to the here and now. Yet self-awareness is more than this. To act consciously, you need to become aware of and take into consideration how you are feeling. This makes self-awareness an effective form of protection against burnout or exhaustion processes that can help you in critical situations.

WATSU (water shiatsu)

To touch the surface is to stir the depths.

WATSU stands for water shiatsu. The buoyancy and resistance of water are taken advantage of in order to lead both body and spirit into a state of weightlessness. Shiatsu techniques are used to stimulate meridians and provide healing movement for muscles and joints.

The setting of a WATSU session allows you to dive deep into trust, surrender and release. Without the need for words, the warm water gently penetrates the “layers of armor”, moving you and bringing you to your own innermost peace. Infinite space opens up before your entire being. A very special experience that relaxes the nervous system and entire organism. Put your trust in the skilled hands of our therapists so that you can return to daily life feeling happy and nourished once more!

Singing bowl therapy

Singing bowl therapy allows you to achieve a state of deep relaxation that does both body and mind a world of good. The sound, which touches you deeply as it enters the ear, along with the vibrations formed when the singing bowl is struck, create feel-good vibrations throughout the entire body. In this state, letting go comes easily and tensions are released.

Biofeedback – stress regulation test

Biofeedback is a scientifically substantiated method in which the reactions of various bodily functions to physical, emotional or cognitive stressors are made visible, therefore bringing awareness to them, with the help of technical devices.

You discover correlations between various forms of stress and bodily reactions, agitation and relaxation responses, and learn to compare objective versus subjective assessments.

Breathwork

Our breath is our constant companion throughout our entire lifetime – from the first to the very last breath. In breathwork, we explore the varying intensity, depth and gentleness of our breath. Various breathing techniques take us back to regular, slow diaphragmatic breathing through the nose. Breathwork allows us to observe our own breathing patterns and form an understanding of how breathing can regulate the entire body.

As a result, this work is also an exercise in mindfulness. By becoming aware of our breath, we arrive in the present moment. This, in turn, reduces stress and worries and increases feelings of trust, calmness and general satisfaction.

Tapping into your strength

Tapping according to Fred Gallo (also known as Advanced Energy Psychology) is an innovative and highly effective method for dealing with problems related to stress and emotional issues. This method is based on the assumption that stressful feelings and thoughts disrupt the flow of energy in the meridians. Removing these blockages leads to physical and mental well-being. By tapping on specific acupuncture points and vocalizing suitable affirmations for each meridian and each topic, the blocked flow of energy is strengthened again.

Guests often experience lasting relief from their stressful emotions after just a short period of time, creating space for helpful patterns of belief and perception as well as new energetic structures that can contribute to the development of new resources.

Successful treatment depends crucially on eliminating psychological reversals (also known as self-sabotage). When such reversals exist, unconscious motivations can get in the way of the desired goals, meaning that the body energetically “sabotages” or “counteracts” these goals.

By tapping on specific acupuncture points and vocalizing a phrase that links self-acceptance with the problem, psychological reversal can be counteracted. This leads to an energetic realignment of the body, such that a person’s consciously formulated intentions and desire are in alignment with their identifiable actions. This principle is enormously helpful when it comes to changing one’s lifestyle, nutrition, resolving fears, phobias or addictions of all kinds, since a lasting change is only possible after the resolution of psychological reversals.

Hypnosis

Via hypnosis, as a therapeutic method, we get in a special state of mind – called hypnotic trance. Thereby various issues can be treated and positive powers activated. This trance-state equals deep relaxation, wherein our attention is directed inside. Through this work with our sub-consciousness we activate personal strengths and develop coping strategies regarding various issues.

Nutrition counseling

Nutrition counseling

We provide you with individually customized nutrition counseling. Our nutritionists analyze all the relevant examination results and take these into account. This results in a plethora of personal recommendations under consideration of the lab findings, metabolic situation, nutrition goal, body composition and any existing intolerances. The further contents of the consultation are based on your personal questions and concerns to ensure that we provide you with individually customized answers.

Transitioning back to daily life

The conversation about transitioning out of the course is all about the time directly after your MAYRLIFE stay. The treatment course should last a total of at least 3 weeks. What this often means is that the course is continued independently after your stay at MAYRLIFE Altaussee, at home or even while on the go, and then slowly transitioned out of. During the transition phase, a gradual increase in the variety of food takes place, taking into consideration your individual digestive capabilities and personal intolerances. In the personal chat with our nutritionists, you learn just how easily this can be implemented at home.

Bioelectrical impedance analysis

The composition of fat, muscle and water plays a special role in the body. The relationship of these three bodily components to one another is important in assessing excess weight and / or one's fitness level. Weight loss with Modern Mayr Medicine aims to reduce the ratio of fat while still preserving and strengthening the muscles. This is why it is important for physical exertion to be adapted to the individual. However, it must not lead to excessive strain. Bioelectrical impedance analysis is the ideal way to monitor this.

Measurement of basal metabolic rate via e-scan

Energy is necessary for life. Our metabolism generates this energy from sugar, fat and oxygen. By measuring the resting metabolic rate, we can identify the ratio of the utilized nutrients, i.e. sugar and fat, draw diagnostic conclusions and control the intensity of the movement therapy. Measuring the resting metabolic rate entails using delicate sensors to precisely analyze a person's breath. Where mostly fat is being burned, the examined person is losing body fat. However, if an excessive amount of sugar is being burned, an increase in body weight occurs. The ratio of the individual measurement values also reveals the intensity of strain on the body.



The results show whether body fat is currently being increased or decreased. But our personal performance is also directly connected to our metabolism. We are able to observe how much of the inhaled oxygen makes its way into the cells, which is an indicator of the body's efficiency in burning fat. Ultimately, measuring the basal metabolic rate can be very helpful not only for weight management, but also to give us a clear picture of the overall stress and strain on the body.



Movement therapy

Individual movement training

Life is movement. Without movement, long-term health is not possible. Unfortunately, as a result of our modern lifestyle, we have forgotten how to move properly. A little comparison: As hunter-gatherers, we had to walk an estimated 20,000 steps per day just to feed ourselves. Today, the average number of steps we take has dropped to just 2,000. This lack of movement is a risk factor that encourages the emergence of a whole host of illnesses. But exaggerated and incorrect movement can also lead us in the wrong direction, causing the overuse of muscles, joints and even an increased risk of illness due to metabolic imbalances in the form of hyperacidity.

This is why it is our aim to instruct you on practicing movement that will benefit your health. In accordance with your individual diagnostics, we are able to put together a program activities for you that, when implemented in the long term, will boost your health – various options are available, accompanied by our sports scientists who have competent knowledge of both theory and practice.

Galileo - vibration plate

Galileo vibration training enables the development of coordination and the muscles. It also loosens up and strengthens individual muscles, making pain-free movement possible once more.

Underwater bicycle

Underwater bicycles help to improve your endurance capacity. The natural buoyancy of the water allows for gentle movement that goes easy on the joints. Specifically for guests with joint issues and those with no experience in exercise, the underwater bicycle represents a worthwhile alternative to conventional endurance training.

Spiroergometry (basal metabolic rate)

In spiroergometry, we determine your physical fitness during strain, with your endurance capacity and metabolism being the main points of interest. Using a respiratory gas analysis and heart rate monitor, we check your physical resilience and fitness level. The very latest scientific methods of performance diagnostics support you on your journey to optimizing your metabolism, regulating your weight and increasing your performance capacity. Based on the results obtained from differentiated diagnostics and taking into consideration the principles of Modern Mayr Medicine, we put together a movement program specifically tailored to you that maximizes the relationship between training and regeneration and increases your quality of life.

Creation of a training program

Based on your individual state of health and goals, we put together exercises for you to perform at home as well as additional training recommendations in the form of a training program with pictures. Our highly qualified trainers provide you with competent advice and always make sure to take your individual needs and circumstances into account.

Placement of Medi Tape

One simple form of pain treatment is Medi Tape®. Elastic tapes of various colors relieve painful muscles and aponeuroses; when these muscles are actively moved, this results in local lymph drainage and a reduction of the pain receptors, supported by the Medi Tape®. Healing processes are accelerated and pain reduced.

Yoga therapy, aerial yoga and yoga nidra

Yoga nidra

This is a form of deep relaxation taken from the toolset of yoga. The word "nidra" comes from the ancient Indian Sanskrit and is translated as "sleep". With the help of

effective relaxation techniques, it is possible to step off the hamster wheel of thinking and switch to a mental “empty state” in which one’s consciousness and senses remain present, unlike during night-time sleep. Yoga nidra trains focus and mindfulness, thus leading to the conscious “yogic sleep”.

The state of yoga nidra triggers a reactive response in the hypothalamus, which has a balancing effect on the vegetative nervous system.

Some of the effects of yoga nidra on physical and mental health include:

- Increased ability to concentrate
- Relieves physical and emotional tension
- Deep relaxation, creating distance from daily stress
- Regenerates body, mind and soul
- Strengthens immune system
- Promotes creativity
- Greater serenity and fewer mood swings
- Positive orientation towards a life goal by way of a deliberate intention (“sankalpa”)
- Positive approach to stress

FeetUp yoga

The FeetUp® Trainer is a sophisticated piece of training equipment that has been tried and tested and is recommended by many experienced yoga teachers – a successful helper for a wide range of yoga poses (asanas).

The FeetUp® Trainer provides gentle assistance for inversions and offers a method for practicing headstands with ease.

Your bodyweight is spread evenly across your shoulders, rather than resting on your head. The head hangs freely, relieving the cervical spine and allowing it to gently stretch out. Holding the sides of the apparatus helps with balance.

The ancient writings of the great yogic masters tell of the invigorating effect of inversions on our body and mind. The headstand is considered the king of yoga positions and offers countless benefits:

- Promotes blood circulation, stimulates venous return, prevents varicose veins and supports cardiovascular health.
- This benefits the entire organism: the head, scalp, eyes, ears and brain are supplied with more oxygen, leading to a more radiant complexion, greater energy and improved concentration.
- Optimizes lymph flow and promotes kidney detoxification.
- The spine is relieved of pressure and becomes more mobile and functional.

The core is strengthened, as are the postural muscles supporting the spine, which can have a lasting positive effect on back problems. The body comes into balance.

Contraindications: pacemakers, acute heart conditions

Stand-up paddleboarding (seasonal) with or without yoga

Paddle across Lake Altaussee on the stand-up paddleboard (SUP) against a fabulous backdrop: this movement training helps train balance, core stability and endurance. Those who want an additional challenge can also practice yoga on the board with the guidance of a professional. Out in the fresh air and surrounded by the tranquility of the lake, an excursion on the SUP allows you to slow down and has a harmonizing and reinvigorating effect.

3D body scan

Innovative and modern three-dimensional body analysis for fitness, sports, physiotherapy and health. A detailed virtual copy of your body is created during a measuring process. This makes it possible to analyze your posture and visualize any postural faults / scoliosis. The most important circumferences are also measured without contact, from which the most significant health-related parameters can be determined. Comparative measurements also make it possible to document the success of the treatment.

Electric bike training

Electric mountain bikes are becoming increasingly popular, but you have to learn how to correctly and, above all, safely handle a bike with an electric motor. As soon as you start pedaling, this action is supported by the e-bike’s motor. The bike is equipped with special motors for this purpose, along with sensors. Three different values are measured: speed, torque and cadence.

Anyone can attend electric bike training: whether you’re a complete beginner, picking up after some time off, already have a little experience, or simply want to try riding the e-bikes on offer.

Medical therapies

Colonic hydrotherapy

The intestines are essential in ensuring the body is able to absorb nutrients and excrete toxins and waste matter. Faulty digestive processes and incorrect eating behavior can lead to undesired deposits in the intestines and inflammation. As part of the MAYRLIFE treatment course, the cleansing and healing of the intestines is carried out using our mild purgative salts. To boost and speed up cleansing and detoxification, it is often helpful to carry out colonic hydrotherapy. This involves using an intestinal tube to gently introduce water into the colon, while a therapist carefully massages the digestive tract. This gently but intensively expedites excretion.

Colonic hydrotherapy has proven to be incredibly effective for all types of reactions to the course of treatment, such as headaches, migraines, nausea, muscle and joint pains. Colonic hydrotherapy at the start of the treatment course is also very helpful in the case of chronic constipation. In addition, detoxification is stimulated via the colon, thereby optimizing the success of your Modern Mayr Medicine.

Bloodletting

Bloodletting is a highly effective method for taking a burden off the cardiovascular system as well as the body's detoxification organs. This involves drawing approx. 100–200 ml of blood from your veins and replacing this volume accordingly with an infusion.

ECG at rest

Each contraction of the cardiac muscle is preceded by an electric excitation that can be measured using electrodes. This measurement is termed an electrocardiogram (ECG). The ECG makes it possible to draw a wide range of conclusions regarding the properties and health of the heart.

Ozone infusion, ozone therapy, high-dose ozone

Ozone (O₃) is the term for an unstable gas made up of three oxygen atoms that decomposes into pure oxygen after a short amount of time. Beyond this, ozone is also a powerful oxidizing agent. This reactive gas is one of the natural components of the Earth's atmosphere and forms under the influence of high-energy UV radiation.

Ozone is also naturally present in our body. When concentrated in the body in a specific manner, it stimulates circulation, reduces inflammation and boosts the metabolism. In addition, it also possesses disinfecting properties and increases the overall oxygen content of the blood. Accordingly, ozone therapy is helpful for many illnesses, including immune deficiency in general, circulatory disorders, allergic diseases, joint problems, migraines, diabetes, respiratory disorders, bowel diseases and viral infections. At MAYRLIFE, we offer you various ozone therapies that are individually prescribed by your doctor: ozone-enriched infusions, ozone-enriched autologous blood transfusions and high-dose ozone therapy.



Oxygen therapy (IHHT)

Interval Hypoxic-Hyperoxic Training (IHHT) developed from what was originally training in mountain air, also known as altitude training. As a new method of complementary medicine inspired by Russian research that had until recently only been available to top athletes and cosmonauts, this training allows us to come considerably closer to the ideal state of fitness and youth.

During IHHT, the body is deprived of oxygen (hypoxia) and supplied with oxygen (hyperoxia) in specific intervals, which functions as bioenergetic cellular training. This process encourages cell regeneration, whereby the mitochondria, the powerhouses of the cell and fat-burning furnaces in our cells, have a particularly strong response to these stimuli. Defective mitochondria are eliminated and new, more powerful ones are formed. Although this cannot reverse the aging process, which is simply degeneration at a cellular level, it can indeed slow it down. Existing damage can be repaired, which contributes to a deceleration of the biological aging processes.

Effects of IHHT that have been proven by scientific research thus far:

- Improvement of cell metabolism and strengthening of the immune system
- Normalization of blood pressure
- Improvement of breathing capacity and lung function
- Increased physical and mental resilience and capability
- Accelerated healing of wounds
- Reduction in susceptibility to injury
- Stimulation and balancing of hormone production (including fewer stress hormones)
- Better supply of energy from the liver



Hydrotherapy applications

SalinAir inhalation

is an inhalation therapy with a vaporized brine solution and ionized oxygen. This opens up the lungs and improves oxygen saturation in the blood. The improved exchange of gases achieved via this process leads to increased performance capacity. This treatment is particularly advisable for chronic stress on the lungs or sinuses, as well as post-COVID.

Roeder nasal reflex therapy

Our nose is also home to reflex zones. Stimulation of these reflex zones using essential oils produces a healing effect for all ailments related to the nose, sinuses and the entire respiratory tract. In addition, reflex zones have the capacity to stimulate virtually the entire metabolism. Your hormones are regulated particularly successfully. During the therapy, we can show you how to continue this treatment at home or apply it as a preventive measure.

Electrolysis foot bath

The electrolysis foot bath helps to eliminate toxins quickly and effectively via the skin. An ionized salt solution stimulates the elimination. At the same time, the reflex zones of the foot are activated, thus stimulating the body holistically. We recommend this effective treatment several times a week to support the detoxification of your body.

Thermal bed treatments

Since relaxation is conducive to good health, we offer you a wellness experience in a class of its own: floating in a water bed, you are enveloped by a pleasant warmth and surrounded by soothing sounds. This is where you will find a weightless sense of security combined with medical applications of hay flowers and peat.

Whole-body peat wrap

It is scientifically established that, when applied locally, peat has an anti-inflammatory, muscle-activating, analgesic and invigorating effect. Peat is particularly helpful for rheumatism, muscular tension and arthrosis of the joints. The humic acid contained in peat stimulates the metabolism and regulates the immune system. Furthermore, it is also antispasmodic, helps to balance hormones, and has a particularly penetrating effect as a heat carrier.

The peat used is a completely natural healing peat from the swamp bed of Leopoldskron-Moos near Salzburg.

Whole-body algae wrap

Medical algae contain high-quality minerals, vitamins, trace elements and iodine. This makes algae true multi-talents: they purify, drain, detoxify and stimulate cell metabolism and blood circulation while ensuring a wonderfully firm, smooth complexion.

The local application of this wrap combined with the Altaussee healing brine invigorates the metabolism of the skin and the connective tissue structures below. Benefit from the properties of this natural treasure from the sea and Lake Altaussee for your health and well-being!

Whole-body treatment with healing brine

Our brine wraps with Altaussee healing brine mineralize and keep the pH value of the skin in balance. A rare blend of trace elements, dissolved gases and salts guarantees a unique, cleansing and soothing effect on the entire organism. This relaxing, beneficial care also speeds up the healing of scaly and dry skin, psoriasis and neurodermatitis.

Hay detox wrap

Alpine hay is renowned for having a stimulating, purifying and detoxifying effect on the metabolism. Our hay sachets contain a colorful bouquet of mountain flowers such as grasses, herbs, arnica, cinquefoil, yarrow, sweet clover, and many more.

Alpine hay has a strong anticoagulant effect, making it highly suitable for treating thrombosis and edema. What's more, this special detox wrap also has a relaxing, soothing effect. Both liver activity and the metabolism are boosted, and cell detoxification is optimized.

In any case, a treatment with alpine hay is a wonderful experience with a delightful fragrance and relaxing warmth and a fantastic way to round out your MAYRLIFE treatment course.

Salt scrub

This special scrub consists of healing salts from Lake Altaussee and provides a gentle, long-lasting way to combat skin impurities and chronic skin diseases. The coarse crystals open up blocked pores in the skin and rid them of talc deposits. Simultaneously, the blood circulation and metabolism of the skin is boosted, leading to the formation of new, healthy cells. The result is a fresh, vibrant and regenerated complexion. Your skin feels delicate and youthful.

Thermal bed deluxe – goat butter wrap

This goat butter wrap supplies the skin with the moisture it is lacking and supports the skin's regenerative capacity. The ingredients in goat butter have been proven to help build up cells, and are used to prevent skin diseases such as neurodermatitis and psoriasis. The microsilver contained in the package remains on the skin, where it continues to have an antibacterial effect even after the treatment.

Cooling leg wrap

A pick-me-up for tired legs – the cooling leg wrap is an anti-inflammatory, decongestant wrap rich in minerals, proteins and enzymes. The application is particularly helpful for swollen and heavy legs. The clay in the wrap helps hematomas to dissolve quicker and inflammations to subside. Beyond this, the clay also has a draining, cleansing and detoxifying effect, as it binds to pathogens and toxins and removes them from the body.

Austrian stone pine wrap

The pleasantly scented Austrian stone pine wrap is ideal for promoting healthy, restful sleep. Rich in flavonoids and essential oils, the pinosylvin contained in the Austrian stone pine has a relaxing, concentration-boosting effect. In addition, the soothing effect is also known to improve deep breathing and lower the heart rate.

Body wrap deluxe

Aloe vera: cooling and moisturizing

Nourishing, anti-inflammatory, provides moisture, firms and tightens tissue, vitalizing, protective and cooling. Suitable for dry or irritated skin, ideal after sunbathing protective, and cooling.

Cleopatra: pampering care with a floral fragrance

Provides moisture, makes skin soft and delicate. Suitable for dry skin

Evening primrose: soothing care for irritated skin

Nourishing, balancing, soothing. Suitable for irritated skin, brings it back into balance, has a delicate fragrance

Pomegranate: alkaline-based care with a fruity scent

Prevents skin irritation, nourishes dry and stressed skin, preserves elasticity, firms contours, stimulates metabolism, protects on a purely alkaline basis. This nourishing alkaline lotion protects against free radicals and optimizes cell metabolism, with an exotic pomegranate fragrance

Cryotherapy

Whole-body cryotherapy is a stimulation therapy in which you are exposed to a temperature of down to -110 degrees Celsius. To acclimatize, you spend roughly 1 minute at minus 30–60 degrees Celsius in the "pre-chamber", then up to 3 minutes at -110 degrees Celsius in the actual therapy chamber. The stimulation provided by the cold temperature creates an intense reaction in the body, resulting in a comprehensive impact on the metabolism. Cryotherapy is recommended and prescribed by your doctor where appropriate. Cryotherapy is particularly effective for:

- Joint inflammation
- Osteoarthritis
- Soft-tissue rheumatism
- Psoriasis and neurodermatitis
- Muscle tension
- Mild depression
- Immunodeficiency
- Sleep disorders

Cryotherapy triggers numerous physiological reactions in the body, which may also be unfavorable in the event of pre-existing strains (including circulatory disorders, asthma or epilepsy). It is essential, therefore, that you first discuss the application of cryotherapy with your doctor in order to avoid any contraindications.

Massages and body therapies

Massage

Massages are a fundamental component of Modern Mayr Medicine. During the course of a treatment, a wide range of physiological functions are stimulated at various levels, and detoxification is supported. Accordingly, this form of therapy is not just limited to the musculoskeletal system and internal organs, but in fact also reaches your mind and spirit via energy channels. Depending on the symptoms experienced and the individual needs of our guests, alongside various tissue massages, our therapists also offer gentle self-regulation therapies as well as intensive biomechanical therapy

Shock wave therapy

Mechanical shock waves are used to stimulate or dissolve cells, mitochondria (parts of the cells) or lime deposits. Following this, the tissues are then regenerated or the inflamed, painful tissue dies off (cell death) and is "tidied up" by the phagocytes (scavenger cells). The overall metabolism of the tissue is also activated. This occurs as a result of the formation of new blood vessels and the improved circulation of blood in the tissue.

Myofascial release

Channeling the body's own qi in or out via the arms and legs (meridians and marma points). Fascial techniques to stretch out the fascia of the muscles. Trigger points for treating the muscles. Relaxing of the muscles through Kriya yoga breathing to achieve a feeling of lightness. Reflecting on the cause of the pain together. Freedom from pain thanks to easing of tension.

Magnetic field therapy

Magnetic field therapy is a naturopathic treatment procedure. Using electromagnetic impulses, disrupted cell functions are normalized and healing processes are promoted. This helps to reduce inflammation, alleviate pain, strengthen the immune system and improve the supply of oxygen to the cells. Many an athlete also swears by the metabolism and circulation-promoting effect achieved through magnetic field therapy. Electrotherapy is one of the physical therapies. It is applied, among other things, with the purpose of loosening the muscles, promoting circulation, reducing pain and improving healing. It usually involves supplying a current to patients via electrodes affixed to their skin.

Detox massage

The detox massage is a massage technique that has been specially developed by MAYRLIFE to stimulate certain zones of the body. As a result, the detoxification process is supported. These deep-seated stimulations are achieved through tapping and rubbing. In order to support the process, guests should drink plenty of fluids after the therapy.



Scar tissue blockage release

A disturbed scar can cause problems in various parts of the body. These problems may occur shortly after the formation of the scar, or not until years later. The treatment carried out as part of scar tissue blockage release smoothes out calluses, dents, knots, ridges and similar deformities in the scar, thereby restoring the evenness of the scar.

Cupping

Cupping is a healing method with a long tradition that is effective against tension and pain, amongst other things. The treatment involves placing glasses on the skin in such a way that a vacuum is created. This causes increased blood flow to the cupped area. The metabolism and lymph flow in the region benefit from this, while tension is relieved and the pain caused by this tension is alleviated. During cupping, it is possible that hematomas may occur. With the relief of these hematomas, fascias of the connective tissue are released.

Enhanced foot reflexology

The entire organism is reflected in reflex zones found in the sole of the foot. Sensitive areas indicate a strain in the associated organ. This is where therapeutic treatment is applied in order to improve the state of health. This treatment also includes highly effective essential oils, which – following instructions by our specialists – can also be used for self-treatment.

Lymph drainage

Lymph drainage is a special type of massage. This very gentle yet effective treatment serves to activate lymph circulation. Given that this system transports toxins, lymph drainages are essential in Modern Mayr Medicine when it comes to effectively eliminating toxins.

Osteopathy

Osteopathy represents a holistic, manual treatment concept with which the causes of movement and functional disturbances can be discovered and treated.

The osteopathic therapy approach encompasses the bones, organs and all the tissue structures of the human body. Osteopathic treatment strives to achieve perfect musculoskeletal functioning in order to dissolve blockages and achieve an optimum state of health once more by activating the body's self-healing powers. What this means is that osteopaths not only treat symptoms, but get to the root of the overall symptomatic pattern in the entire body so as to dispel it with lasting effect.

Craniosacral therapy

Craniosacral therapy is considered a body-oriented, manual form of treatment and is based on the pulsation system of the cerebral and cerebrospinal fluid. The application of targeted techniques and mobilization encourages the release of blockages within the body and the improved functioning of the autonomic nervous system, as well as increased vitality. Craniosacral therapy is proven to be particularly effective for all ailments that involve an impairment of movement and the body's rhythm. These include typical symptoms in the musculoskeletal system such as back, neck and shoulder pain, as well as muscle tension more generally. Migraines, headaches and impaired vision also fall into this category. Craniosacral therapy also contributes to a general state of relaxation, since all the organ systems are addressed via ligaments in the "craniosacral system", enabling a positive impact on symptoms experienced in the internal organs. Accordingly, it also helps to strengthen the immune system and increase the base energetic potential of the entire body.

Spiraldynamik

Spiraldynamik is a movement and therapy concept based on the anatomy and functionality of the human body. The body is viewed as one single unit from head to toe. With the help of an analysis, the therapist points out incorrect posture and movement patterns. These incorrect posture and movement patterns are then relearned using personally customized exercises. When this learning is integrated into daily life, joints and muscles are relieved of a burden. If the patient is experiencing a pain problem, this pain is reduced.

Liebscher & Bracht

Liebscher & Bracht therapy is a pain therapy that, similarly to trigger point therapy, applies pressure to pain points. Instead of pressing on muscle tensions, here the

pressure is applied to where the muscle is attached to the bone. In doing so, incorrect muscular and fascial tensions are dissolved; this balance subsequently leads to a drastic reduction in pain.

In addition, this therapy also includes the so-called "bottleneck stretches" according to Liebscher & Bracht. Active and passive stretches are practiced. These are exercises and forms of movement that support the effects of the pain point pressure. These are a fixed component of the therapy and ensure that patients remain free of pain. Your therapist will show you exactly how to do the exercises. Detailed instructions ensure that the exercises can be carried out easily even once back home.

The level of pain established via this treatment can be controlled permanently. Maintaining the reduction in pain or even a continued improvement of the level of pain essentially depends on whether you carry out the so-called bottleneck stretches on a regular basis.

Fit back therapy

This one-of-a-kind therapy is designed to correct the upper back. Initial and follow-up scans make changes visible. The therapy consists of passive manual treatment as well as active exercises to be carried out by guests themselves. The specially developed FBT plate provides support for these exercises.

Feldenkrais

The Feldenkrais Method aims to improve mobility, alleviate pain and reduce stress and tension. With the help of mindful and effortless movements, we learn to feel our body and encourage it to work in a harmonious, flowing manner. This method has a positive influence not only on our entire nervous system, but also on our perception and our thinking. With the Feldenkrais Method, we dedicate time to various areas of the body. Specifically designed movement patterns allow us to develop a better understanding of their structure and their possibilities for change.

Energetic bodywork - Access Bars

To some, energetic bodywork sounds like a pretty vague concept. The term "energy" comes from the field of physics and, at first glance, has nothing in common with therapeutic bodywork. The fascinating question, therefore, is "What effect does energy have on the body?", and the answer is "Everything"!

Energy can manifest in the form of waves or particles. Physicians identified this continuum when they accelerated particles and were no longer able to predict their localization at very high speeds.

Ear candling treatment

An ear candle is a narrow, hollow cone that has been soaked in beeswax or paraffin and allowed to harden. During ear candling, the person lies on their side while someone inserts the end of the cone inside their ear. The top of the cone is then lit and left

to burn for a few minutes.

It is used mainly to remove ear wax, although it has also been used to relieve sinus pain, cure ear infections, help relieve tinnitus and vertigo.

Shiatsu

Shiatsu originated in Japan and is traditionally practiced on a mat on the floor. Literally translated, shiatsu means “finger pressure”. The therapist works mindfully in the scope of a holistic treatment using acupressure on meridian systems, as well as using stretching, rocking and rotation techniques to remove energy blockages and restore harmony to the flow of vital energy (“qi”). This results in deep relaxation for the person being treated, bringing you back to a greater sense of connection with yourself and thus leading to physical and spiritual regeneration.

The treatment can be used for a variety of reasons, for example, pain in the musculo-skeletal system, digestive problems, chronic fatigue, depression, sleep disorders, headaches etc.



Lab tests

Acid-base and mineral nutrient analysis

The acid-base balance is an important regulatory principle of the metabolism. This applies not only to the human body, but also to the whole of nature. The acid-base balance influences health and illness; an imbalance plays a significant role in the development of risk factors and lifestyle diseases.

An imbalance in the acid-base levels, specifically hyperacidity, leads to a strain on the metabolism. The consequence of this can be that general complaints may arise as well as localized complaints – gastritis, heartburn, acid reflux and even stomach ulcers. These encompass practically all inflammatory diseases such as joint inflammations, pain, increased cardiovascular risk factors along with illnesses ranging from lifestyle diseases to cancer.

The acid-base and mineral nutrient analysis is the basis of every MAYRLIFE treatment course, since it provides insight into the current state of this balance and is used to inform which therapies will be applied.

Bio-frequency medicine: measurement and doctor's interpretation

According to the latest research results, the body has a field of biophysical energy that can be measured. With the help of the novel bio-frequency medicine, digital high-frequency technology is used to gently detect weak points and imbalances in this biophysical field, i.e. in the interaction between the body's various functions. This provides insights into which areas of your body are under strain or require support. This also makes it possible to discover potential causes of complaints of which you are already aware. Using bio-frequency therapy, weak points can then be balanced or rounded out in a highly effective and targeted manner using biophysical frequency patterns. When it comes to treating acute and chronic symptoms, this diagnostic and therapeutic procedure can represent a beneficial complement to conventional medical treatment measures.

The main objectives of bio-frequency therapy are to increase cell energy, activate detoxification functions, alleviate pain and stimulate the immune system. Ultimately, the metabolism is improved and general physical wellbeing is restored.

Bio-frequency therapy

For this treatment, special therapy bands, so-called biotrodes and adhesive electrodes, are used. The treatment is normally applied while lying down, lasts between 10 to 60 minutes, is completely painless and is thus also suitable for sensitive people and children. People with a strong physical sense of awareness may feel a pleasant tingling sensation or feeling of warmth in individual areas of the body or even the entire body. Until now, all sensations have been described as thoroughly positive. After the treatment, a desired “healing reaction” may occur, which can be viewed as a positive sign of the recovery process. This may result in a temporary intensification of symptoms. Once your body has regenerated, these manifestations will subside once more.

Free radicals (FRAS) & biological antioxidant potential (BAP)

In recent years, medicine has gained extensive knowledge of the significance of free radicals and antioxidants. Nonetheless, the picture of the spectrum of effects of these two substances still appears incomplete, despite affecting the metabolism as a whole. Our body requires oxygen to produce energy to supply all the vital organs, especially the brain, the hormonal system, the sensory organs and the muscles. Harmful by-products, or so-called free radicals, can form as a result of the processes that occur wherever a lot of energy is generated and consumed. These are special oxygen compounds that are highly aggressive – literally radical. But we can benefit even from these by-products.

We use free radicals in the immune system, for example.

If a pathogen has snuck in and is making our lives difficult, we have the ability to take special measures to attack the intruder with free radicals and thus render it harmless. But we must also acknowledge the danger of free radicals: they destroy structures such as membranes or cells when killing off a virus, for example.

If this destructive force turns against the body's own structures, there is a risk that diseases can develop as a result. In the mildest of cases, these are simple malaises – signs of premature aging, such as wrinkles – but inflammation, cardiovascular diseases and even cancer can develop. Therefore, the body has a vested interest in preventing these disadvantages from getting out of hand. This is why we have protective factors that safeguard us from the side effects of free radicals, neutralizing them, so to speak. Today, we are able to measure both the quantity of free radicals and the protective factors as antagonists. It goes without saying that the proportion of free radicals in the body should be low and that of protective factors – known as antioxidant capacity – correspondingly high. If this ratio is balanced, no stresses are expected to occur in the organism.

Lab diagnostics

Blood, stool, urine, genetics: you may order these analyses at any time after a consultation with your MAYRLIFE doctor. If these are necessary for the success of the treatment, your MAYRLIFE doctor will let you know.

Infusions

Infusions with various minerals and / or vitamins

Minerals, trace elements and vitamins are important regulators of our metabolism. The diet determined by our lifestyle and an increased number of deficiencies can give rise to a range of diseases. We have developed special infusion blends to counteract this and provide you with swift, targeted help. The infusions have a rapid impact and are successfully used to support liver detoxification, for adrenal fatigue, histamine intolerance and many other indications.





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