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MODERN MAYR- MEDICINE & VIVAMAYR- PRINCIPLE / GOOD DIGESTION, BETTER LIFE



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IMPRINT

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INTRODUCTION



Introduction

Health is our most valuable asset – which is why everyone wants to be healthy. Nowadays this is can be a difficult undertaking. The hustle and bustle of everyday life, both at work and at home, means that important things will be neglected. This also applies to nutrition. We have known since ancient times that food can either keep us healthy or make us ill. As an antithesis to fast food and snack chains, there is also „healthy cuisine“ with especially nutritious organic foods. But is this enough to keep us healthy?

Unlikely. This is obvious from the fact that we are seeing an enormous increase in so-called civilisation diseases. Beyond that, new dietary fads and all sorts of slimming tips enter the market on a weekly basis. Many of these claim that we can achieve our goal without changing our eating habits. Even painful failures will not stop us from trying over and over again.

Even medicine, with all its progress and despite modern technology, seems to have little to offer. Particularly in the food sector, there are extremely contradictory views. One day one type of nutrition is preferred, and the next day, its complete opposite. Often only some foods are exchanged – and a new diet is brought to life.

Modern Mayr Medicine – a holistic approach

Modern Mayr Medicine pursues a completely different – holistic – approach. In Modern Mayr Medicine, nutrition is viewed holistically for the first time – as the interplay between the food and our digestive capacity. So it depends on what we do with the food. We quickly realise that it depends on us whether we are or will remain healthy, or whether our lifestyle will make us ill. This is the approach of Modern Mayr Medicine – which focuses mostly on preventing disease and maintaining health. But it also has a positive influence on our typical civilisation diseases and



their progression. Modern Mayr Medicine is more than just a diet – it is primarily a therapeutic measure for the medical treatment of ailments and diseases.

Often, it is the experience and knowledge gained from dealing with Modern Mayr Medicine which are decisive for changing our usual diet and lifestyle. Modern Mayr Medicine is therefore becoming more and more important as a preventive measure, both for the individual and for society. Because: **We are responsible for our own health.** In this respect, this book is also intended as a companion into this healthier future.

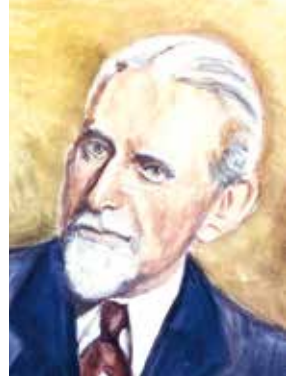
The VIVAMAYR principle

As explained in more detail below, Dr. Franz Xaver Mayr himself developed a diagnostic and treatment concept which focuses on the digestive system. In its uniqueness, this concept is still fully valid today. What is more: It is the basis for the further development of the VIVAMAYR principle. In the course of the last (more than) 50 years, medicine has of course also rapidly evolved. Some adjustments to the traditional Mayr diagnostics and therapy are now in order, and these ultimately find their expression in Modern Mayr Medicine.

With the development of the VIVAMAYR principle, a further step has been taken – from medical treatment to a healthy lifestyle and a lifelong companion. Not only does the VIVAMAYR principle integrate modern complementary medical diagnostic and therapeutic procedures, but maintaining those health improvements we have already achieved for a lifetime makes it a lifelong, inspiring companion for practically every one of us.

History: From the physician Dr. Mayr to the VIVAMAYR principle

Modern Mayr Medicine is named after its founder Dr. Franz Xaver Mayr. He was an Austrian physician (1875-1965) who devoted his entire life to researching the links between nutrition, digestion and health. Very early on, he realised that nutritional recommendations – then and now too one-sided – only emphasised the importance of food. His goal was therefore to investigate the „digestive system“. He devoted himself to this issue on several levels. He regarded his patients as not completely „digestion fit“, and prescribed them a therapy in the form of different forms of fasting.



F. X. Mayr

He thus understood the enormous importance the digestive system plays in our health. Unfortunately, the medicine of the time left him alone with his questions. Today, we might almost say „thank god“, because it is exactly these gaps in medicine which captivated him. This is why he also wondered about the medical criteria of a healthy digestive apparatus – he focused on its size, shape, tension, etc. – and where and when a healthy person becomes ill.

Diagnosics evolved from practical experience

Dr. Mayr was a practitioner and also an excellent observer. By observing his patients during fasting therapy, he also noticed the enormous changes they were undergoing. And so it was natural for him to record these changes as important diagnostic criteria for future Mayr physicians. He also recognised that fasting not only improved the shape and position and thus also the function of the digestive system, but that people as a whole became healthier. The skin and connective tissues became firmer, posture improved and better hormonal regulation led to increased resistance – people became more resilient.



It is also thanks to Mayr's genius that he meticulously recorded his observations and incorporated his findings into a diagnostic system that is still comprehensible today. Moreover, he also noted that all these changes were carried out according to a pattern which is typical of nature, always the same, i.e. replicable.

Diagnosics of health

This diagnostic system primarily describes the state of health and was therefore something completely new in medicine. Until then, medicine had assumed that we were describing symptoms of a disease. As a rule, we would first try to understand its origin and then develop a therapy against it. Almost 100 years ago, Mayr, however, described a path which is increasingly gaining attention today – the preservation of health. His diagnosis is a diagnosis of health: it describes what the condition of a healthy person would be. As physicians, we then compare the actual condition with the desired condition and try to shift the person's state of health in the direction of the desired condition. We accompany them through this therapy.

Mayr himself devoted all of his life to researching these links. However, his research did not take place in the laboratory, but on individuals. He practiced in Johannesbrunn and Karlsbad (today Czech Republic) and also in Vienna. Numerous study trips and stays brought him to England, the USA and Scandinavia. Mayr soon gained international recognition, and prominent patients from all over the world flocked to see him. The last years of his life led him back to his hometown Gröbming in the Ennstal valley, where he died in 1965 shortly before his 90th birthday.

It was important for Dr. Mayr to pass on his findings, which is why over time he instructed physicians in the diagnostic and therapeutic procedures he had developed. And from the initially small group of interested colleagues, Dr. Ernst Kojer (1915-2002) and Dr. Erich Rauch (1922-2003) in particular have gained particular importance. Dr. Kojer, who was an excellent rhetorician and full of empathy and conviction, trained countless colleagues and motivated them to practice Mayr's diagnostics and therapy. Dr. Rauch's special merit lay in the direct training of physicians and in the written dissemination of Dr. Mayr's ideas. It should also be mentioned that he introduced many components of the „therapy according to Mayr“ into the constantly changing medical reality. He was the first to recognise the need for a



milder form of therapy in contrast to strict fasting. Together with head chef Peter Mayr, he developed the „Mild Derivative Diet“, which still today is the basis of every dietary treatment. In addition, he was one of the first to recognise and practice „substitution“ as the fourth element of therapy (more details on p. 106). For many years I was allowed to participate in this development and gain experience at Dr. Rauch's side.

A further important step towards the necessary individualisation was achieved through the incorporation of functional myodiagnosics. As in Mayr's diagnostics, a functional connection between the five senses and a reaction change in the musculature can be seen, and above all felt, by the patient.

In this way, additional information about the patient's overall state of health or individual stress, but also about necessary therapeutic measures, can be obtained very quickly. Over the last decades we also had to realise that ever more humans fall ill due to deficits in the micronutrient range (vitamins, trace elements, minerals). It was therefore absolutely necessary to integrate all the findings of orthomolecular medicine into modern Mayr medicine.

Despite all measures, Mayr's therapy is and continues to be a medical treatment which – if used over a certain period of time – can treat or prevent a wide variety of diseases according to certain criteria and indications. Nevertheless, the essential findings from Mayr's therapy should also be used for a change in diet and lifestyle. This necessity has led to the development of the VIVAMAYR principle: Support in this area is provided by a „lifelong accompaniment“.

FUNDAMENTALS OF MODERN MAYR MEDICINE



Fundamentals of Modern Mayr Medicine

Dr. Mayr was not the first to emphasise the link between nutrition and well-being or health. It was already known in ancient Greece that we can either stay healthy or make ourselves ill by what we eat on a daily basis. And there is also much „popular wisdom“, which testifies to it: „Man is what he eats“ is only one example of many.

Let us now consider the special role of the digestive system in this context.

Nutrition influences all areas of our health. Since we can keep ourselves healthy by eating, it is the single most important factor for prevention; which we can and should carry out throughout our lives. It is also important to know that nature wants to keep us healthy – it has no interest in sick people. But it also means that we have to take care of our health every day – for the rest of our lives. And what could be a more natural way of doing this than through a healthy diet?

„Natural“ medicine

Modern Mayr medicine helps us to better understand the guidelines provided by nature and also to use them therapeutically. A healthy diet starts with the infant. This fact teaches us a lot for our overall understanding: It is important for the infant to actively suck his first food – the breast milk – out of his mother's breast. With this act of sucking, he receives not only the material component of nutrition, but also his mother's full attention and love. The mother knows very well that she cannot breast-feed properly she has no time, is distracted or is plagued by worries. All this already has an influence on the infant. Translated into the modern language of the „adult world“, this would mean that stress has an extremely negative effect on nutrition.