Modern VIVAMAYR Medicine

Back to the roots to manage the future

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General Practitioner
Medical Director at VIVAMAYR Maria Wörth

Education in different methods of Complementary Medicine including Lecturer & Coach of
Modern Mayr Medicine
Applied Kinesiology
Orthomolecular Medicine
Environmental Medicine

Board member for Complementary Medicine of the Austrian Medical Chamber
VIVAMAYR – Austria

Medicine is going into two directions

TREATMENT and PREVENTION

The approach of VIVAMAYR includes both
VIVAMAYR – Austria

VIVAMAYR is a symbiosis of naturopatic treatments. To guarantee an individual approach we combine

Diagnostic and therapy acc to Mayr
Functional Myodiagnostic / Applied Kinesiology
Orthomolecular Medicine
Additionally we use a lot of different modern complementary methods go increase the biological vitality.
Prevention and staying healthy are becoming more and more important

SALUTOGENESIS

Means to do what ever is necessary to stay as healthy as possible
Basic tools to diagnose intestinal diseases

How can one – without taking medical history and without chemically or technically support – only with our 5 senses get a appropriate impression of the condition and function of singular parts of the intestinal tract
Nutrition
is the result of
Food
and
Individual Digestion
Physiology of Digestive Tract

Nutrition

Food
  - Carbs
  - Protein, Fat
  - Micronutrients
  - Vitality

Digestion
  - Eating habit
  - Enzymes, Flora
  - Fermentation
  - Putrifaction
Physiology of Digestive Tract

Importance of Food

• Best quality, ideally organic
• Without preservations
• Prefer locally and seasonally food
• Respect food intolerances
Physiology of Digestive Tract
Eating habit

The main goal is to create awareness that the eating habit is more important than the food itself.
Physiology of Digestive Tract

Eating habit

Eat slowly, chew well
Take time for your meals and give time to digest the meal
Have your evening meal as early as possible and as easy digestable as possible
Drink between meals and balance alkaline and acids in food
Physiology of Digestive Tract

Too much food leads to maldigestion

Fermentation & Putrescence

These processes build a lot of toxins influencing our health
# Physiology of Digestive Tract

<table>
<thead>
<tr>
<th>Fermentation</th>
<th>Putrescence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toxic alcoholic metabolites</td>
<td>Biogenic amine</td>
</tr>
<tr>
<td>Propanol</td>
<td>Putrescin</td>
</tr>
<tr>
<td>Etanol</td>
<td>Cadaverin</td>
</tr>
<tr>
<td>Methanol</td>
<td>Skatol, Indol</td>
</tr>
<tr>
<td>Butanol</td>
<td>Histamine</td>
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</tbody>
</table>
Physiology of Digestive Tract

The intestine is the „root system“ of a human being

The chronic intestinal damage is the most common cause of our civilisatoric diseases
Our Philosophy

Everybody can become more healthier, stronger and glowing by changing usually eating habits temporarily.

Dr. F.X. Mayr

Fasting is not the goal, but to be healthy and capable in our daily life.
Modern Mayr Medicine

MMM is the beginning of reorientation of our eating habits and lifestyle

- Rest & Simplification
- Cleansing
- Training
- Substitution
Modern Mayr Therapy

Training

Manual Abdominal Treatment according to F.X. Mayr
Triade of Health

Metabolism

Structure

Emotion
The new market – Salutogenesis

New professions are established
New comprehension for health
New motivation
More satisfaction – more economical success
The new market – Salutogenesis

Targetgroup is independent person to demonstrate how to live healthier and longer
The new market – Salutogenesis

Goal is not only prevention, but promotion of health and personality

„enrichment“
Growing older successfully means to obtain one`s age respective function of body, spirit and soul within our social relation
The new market – Salutogenesis

People become older and older, but nobody wants to be old
The new market – Salutogenesis

Caloric restrictively fed rats live by about 50% longer than rats fed ad libidum.

Fasting is the only scientifically proven strategy to live longer.
The new market – Salutogenesis

So the question is not how old we will become, but how we will become older
The new market – Salutogenesis

Modern VIVAMAYR – Therapy as

SUCCESSFUL LIVING strategy
The new market – Salutogenesis
The new market – Salutogenesis

Quality of life

is a „multidimensional construction“, which can be experienced by physical, psychic, social and functional aspects of the human existence.
Quality of life

We want to transform the new science behind knowledge, experience and awareness into our daily routine
The new market – Salutogenesis

Pathogenesis

Organ related Area

Genetic induced diseases

DISEASE MD required

Sanogenesis

Functional Area

functional Dysbalances = Malfunction Strain Syndrom

minimal average optimal

Function

HEALTH MD not required but helpful

MD recomended

MD required
VIVAMAYR – International

VIVAMAYR Vienna

VIVAMAYR Altaussee – Maria Wörth

VIVAMAYR Clinic Cooperations in Moscow, Dubai, Istanbul, Mumbai
VIVAMAYR – International

VIVAMAYR published more than 10 books about Modern Mayr Medicine translated into 4 languages.
Guest coming to VIVAMAYR

- GB: 31%
- A: 33%
- D: 16%
- CH: 10%
- Türkei: 8%
- Arab. Länder: 4%
- Indien: 4%
- Sonstige: 3%
Health is THE megatrend of 21st century

People are willing to spend money for health, but expect perfect maintenance

Don`t offer a little of everything, but create a perfect niche offer
VIVAMAYR host 3 typ of guests

1. Healthy people want to stay healthy
2. People with diseases and insufficient treatments by mainstream medicine
3. People with diseases and willing to be treated in a natural way
Our Future

We want to sharpen our offer

Focus on strength and knowledge to be THE experts in prevention and treatment for our guests
Our Future

We become more and more the „new family doctor“ of our clientel
Our Future

We will expand to new markets

Establish a network of partners for Intestinal Health
Thank you for your attention