

f. x. mayr treatment

the method of f. x. mayr – get well through purging

The intestine is the root of man. Only when the intestine is healthy, can the rest of the body be vital and efficient.

Following this theory, Dr. Franz Xaver Mayr (1875–1965), an Austrian physician, who lived in Karlovy Vary for more than 30 years, developed so-called Mayr Spa Treatment. Only in the Spa Hotel Dvořák you can find the original spa therapy according to Dr. F. X. Mayr.

Dr. Mayr worked from the assumption that a working digestive tract and intact intestinal microflora are essential to the human immune system. However, poisonous bodily substances also develop in the process of food decomposition and these are deposited in the intestines and organs unless they can be eliminated. For many people, the consequences are surprising: The patient starts complaining of permanent headache, trouble with concentration, continuing exhaustion and fatigue. Even those who are prone to catch any infection should consider the condition of their intestines. An impaired intestine may be the cause of migraine, rashes, allergy, sinusitis or even various diseases of the joints. Stress, environmental burden and a monotonous diet are other factors that may produce unfavourable effects on the state of the intestines.

Regeneration spa treatment according to Dr. F. X. Mayr is a natural treatment focused on restoration of intestinal health and thus the entire organism.

The object of the treatment according to Dr. F. X. Mayr is to drain any detrimental and trouble-causing substances away from the body following a process of targeted purging. One agreeable side effect of the treatment is the loss of several surplus kilos and general improvement of the health condition which will positively reflect in the person's thoughts.

this is an outline of your treatment according to the method of f. x. mayr

On commencement of the treatment, an examination is performed with the application of diagnostics according to Dr. F. X. Mayr. Therapeutic procedures and diet are determined according to the result of the examination.

- Prescription of this spa cure includes drinking the Karlovy Vary mineral spring water three times a day.
- The treatment is complemented by manual abdominal massage, a combined diagnostic and therapeutic measure. This abdominal procedure is carried out by a specially trained physician.
- The patients may take other spa and therapeutic treatments, such as baths, massages or underwater massages, according to the medical prescription.

The Mayr Treatment Concept Consists of Temperance, Purging and Training

Temperance: Curative fasting, milk-and -bread diet, rice diet or a mild excretory diet bring extreme relief to the digestive system.

Purging: The digestive tract is purged of any acids and cleaned. This is aided by the administration of Epsom salts and alkaline powder. Abdominal massage done by the attending doctor is also important. It promotes detoxification and relaxation of the abdominal space and digestive organs. At the same time, the doctor is able to assess the progress of the therapy.

Training: Through chewing of the so-called spa bread rolls, correct chewing and the intake of liquids is taught. The process of detoxification takes its time; for this reason, it is recommended that the spa treatment should last 3–4 weeks.

The precise number and kind of procedures are prescribed by the physician according to the patient's state of health.



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How can I enhance the therapy?

Take as much exercise as possible. Exercise is essential to improve the intestinal activity and to do away with stress factors. Walking, hiking and jogging are the best forms of exercise. Avoid any stress, practice relaxation exercises.

Keep yourself warm: warm compresses, packs and hot-water bottles relax the whole body and enhance the cure.

Drink a lot, primarily all medicinal spring waters, mineral water, herbal tea and fresh juice diluted with water.

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Health Indications

- Gastrointestinal complaints (flatulence, abdominal bloating)
- Metabolic disorders
- Intestinal motility disorders
- Vertebrogenous complaints
- Hypertension
- Vegetative and psychosomatic disorders
- Migraine
- General immunodeficiency and regeneration capacity attenuation