

# PARK ZEIT



## *A silent threat*

### Metabolic syndrome: an underestimated problem with enormous consequences

**Metabolic syndrome mainly affects men in their second half of life. Sometimes referred to as 'affluence syndrome', it is not a single condition, but a convergence of multiple health issues that frequently occur together: obesity (especially abdominal fat), elevated blood sugar levels, impaired fat metabolism and high blood pressure. If left untreated for a long period of time, it can drastically increase the risk of heart attack, stroke and type 2 diabetes.**

According to estimates by the German Nutrition Society, around one third of men over the age of 40 meet the criteria for metabolic syndrome – and this is often a major cause for concern that goes unnoticed. This is because the signs occur gradually and insidiously: tiredness, concentration problems, weight gain, a frequent feeling of 'inner sluggishness' and reduced libido. "Many people do not perceive these symptoms as indications of a serious medical condition," says Mayr Physician Dr Elias Hinteregger. Metabolic syndrome is by no means exclusive to men; women and increasingly young adults are also affected.

The criteria for diagnosing metabolic syndrome (formerly known as 'Syndrome X') are set by internal medicine and diabetes societies and vary from country

to country. What they all have in common is the simultaneous occurrence of elevated glucose levels, high blood pressure, poor blood lipids and obesity.

#### **CAUSES: LIFESTYLE AND INFLAMMATION**

An unhealthy lifestyle is currently considered to be the main cause for metabolic syndrome: poor diet, lack of exercise, persistent stress and sleep deprivation. As Dr Hinteregger elaborates, "In addition to these factors, chronic inflammatory processes – often originating in the gut – play a key role. The syndrome is not just a metabolic problem but also an inflammatory disease. A disturbed microbiome in the gut can promote systemic inflammation, which destabilises the entire metabolism."

#### **WHAT LIBIDO AND BLOOD PRESSURE REVEAL**

High blood pressure and reduced libido are among the most common, but unfortunately still taboo, effects of metabolic syndrome. Both symptoms are closely linked to a disturbed metabolism. Although they should be taken seriously as warning signs, they often go unnoticed in everyday life.

High blood pressure impairs vascular function – including in the genital area. At the same time, hormonal →



changes such as declining testosterone levels, chronic inflammation and stress lead to reduced sexual desire. As Dr Hinteregger explains, "In practice, we see that men with metabolic syndrome report erectile dysfunction and a lack of sexual desire at an above-average rate – symptoms that can have both physical and psychological effects."

#### EARLY DETECTION, TARGETED ACTION

Metabolic syndrome is a clear warning sign. It indicates that the body is out of balance – usually over a period of many years. Men over the age of 40 should therefore ensure they have regular check-ups to keep an eye on typical risk factors.

The good news is that metabolic syndrome is not only treatable, but often reversible – through a healthy lifestyle with plenty of exercise, a healthy, balanced diet and targeted forms of therapy such as Modern Mayr Medicine. "And those who live a conscious and healthy life usually don't have to deal with this health challenge in the first place. In many cases, metabolic risk can be avoided – or at least significantly reduced – through a preventive lifestyle," says Elias Hinteregger.

#### COUNTERING METABOLIC IMBALANCE

Our medical staff offers men and women gender-specific help and support. If symptoms such as reduced libido, chronic tiredness, weight gain or sleep disorders are openly discussed with the treating physician, a precise diagnosis can be established at an early stage and individual therapeutic measures can be taken.

#### LIBIDO & METABOLIC SYNDROME

- ➔ High blood pressure – impairs blood flow to the genitals and can contribute to erectile dysfunction.
- ➔ Abdominal fat – releases inflammatory substances that disrupt hormonal balance.
- ➔ Testosterone deficiency – often occurs in insulin resistance and obesity and reduces libido.
- ➔ Mental stress – chronic exhaustion, stress or lack of sleep dampen sexual desire.
- ➔ Gut health – a disturbed microbiome can exacerbate inflammation and disrupt hormonal balance.



## EDITORIAL

# Dear Park Igls guests,



The concept and understanding of health are changing worldwide. Global trends such as longevity medicine, mental wellness, biohacking, functional nutrition and med-cation – combining medical treatment with travel – are placing even greater emphasis on prevention, individual diagnostics and mental wellbeing.

Many of these developments have long been standard practice at Park Igls Medical Spa Resort. Modern Mayr Medicine brings together comprehensive diagnostics, targeted therapies and functional nutrition to provide relief and support to the body and metabolism.

Mental wellness is based on mindfulness training, breathing therapy and meditation, which helps to reduce stress, calm the nervous system and enhance body awareness for better and healthier lifestyle management.

Biohacking is part of comprehensive analyses and individually tailored programmes. Personalised probiotics are one example.

What is emerging as a global trend is already part and parcel of the health programmes offered at Park Igls. We see health as an interaction of body and mind combined with prevention.

Today, people choose their preferred medical facility based on the level of medical expertise and trust in the quality of treatment. These principles are the cornerstone of Park Igls Medical Spa Resort's philosophy. Enjoy browsing through our informative guest magazine!

Yours sincerely,

A handwritten signature in black ink, reading "A. Gnägi".

Andrea Gnägi  
Managing Director

## Detox Medical Check

Combine this programme with a clinical urological examination including a consultation with our specialist.



Check out the  
programme



Check out the  
information video



## The feel-good organ

The control centre for many vital functions, the thyroid gland is a real all-rounder. It produces hormones that regulate a number of different processes in our body. Impaired thyroid function can lead to issues – both minor and major.



**DR ALEXANDER SMEKAL** is a nuclear medicine specialist and radiologist with a diploma in orthomolecular medicine, diagnosis and treatment of thyroid diseases as well as managing director of the Thyroid Centre Tyrol and consultant physician at Park Igls.

“The job of the thyroid gland is to produce hormones that regulate our metabolism. That's why its functioning is so important.”

Dr Alexander Smekal, consultant physician

The thyroid gland is a butterfly-shaped gland in the throat, which lies in front of the trachea below the larynx and plays a very important role in the body. It primarily produces the hormones thyroxine (T4) and triiodothyronine (T3), which control the entire metabolism. The thyroid gland therefore determines how quickly or slowly the body burns energy. An overactive thyroid (hyperthyroidism) makes our metabolism too fast; an underactive thyroid (hypothyroidism) too slow. Neither are ideal. To function properly, the thyroid gland needs iron, iodine and selenium, among other things. If these are not available, the gland runs into trouble. “The thyroid gland is an

important producer in our body. And without a producer, there is no product. It's as simple as that,” says Dr Alexander Smekal, thyroid expert and consultant physician at Park Igls.

Park Igls frequently shines a light on the seemingly inconspicuous thyroid gland, especially when it comes to obesity. “Obesity is a typical symptom of hypothyroidism,” explains Dr Peter Gartner, Medical Director at Park Igls Medical Spa Resort. This does not mean, however, that the thyroid gland is always to blame for too much weight. “It's often used as a scapegoat.” In the following interview we talked to Dr Gartner and Dr Smekal about all things thyroid.

### What are the first signs of a thyroid condition?

**Peter Gartner:** Thyroid conditions aren't always easy to recognise. Major gland changes can usually be easily detected through palpation. A goitre, for example, is a clearly visible sign. But there are also very vague symptoms. Thyroid hypofunction, i.e. an underactive thyroid, can lead to tiredness, concentration and sleep disorders, and even depression. Often, these are not primarily attributed to a thyroid dysfunction. We also have guests who suffer from fatigue, which since the pandemic has usually been blamed on a post-Covid condition. This may be true in many cases, but it may also be due to hypothyroidism.

### What tests are carried out to diagnose thyroid conditions?

**Alexander Smekal:** There are generally three main diagnostic approaches. Using ultrasound, we can see the thyroid gland and assess its structure. We use laboratory chemical analyses to examine the organ indirectly, via its products, the hormones. And scintigraphy is used for functional assessment and helps to identify thyroid nodules.

### How can a Modern Mayr programme influence thyroid function?

**Peter Gartner:** The gut is at the heart of all our diagnostics and treatments. We have known for some time now that a healthy microbiome has a positive effect on our body in many ways. We know that in addition to the gut-brain axis, which we have already discussed in the previous ParkZeit edition, there is also a thyroid-gut axis. Numerous studies have been published on this in renowned journals. They clearly show that our microbiome has a significant influence on thyroid gland functioning. A healthy gut is therefore essential, and Modern Mayr Cure is an extremely effective way to achieve this. Some thyroid conditions are autoimmune diseases, and we know that 70 to 80 per cent of immunocompetent cells are found in the mucous membrane of the small intestine. This shows how important a healthy gut is for a functioning immune system. The better it works, the lower the likelihood of illness.

### Are thyroid diseases a result of poor diet and lifestyle or can they also be genetic?

**Alexander Smekal:** Both. In order for the thyroid gland to carry out its functions, it needs micronutrients such as iodine, selenium or iron, which we primarily absorb through our diet. The microbiome certainly has a role to play here, as it is responsible for absorbing these

“Thyroid gland functioning is closely linked to the gut – both in a healthy and a diseased state.”

Dr Peter Gartner, Medical Director

substances and making them available to the body – in this case the thyroid gland. The gut is also vital for our immune system and therefore a driver of all autoimmune diseases. Predispositions to autoimmune diseases are often inherited. This does not necessarily mean that the disease has to break out; it requires an external trigger. This often lies in your own hands – it's about your lifestyle.

**Peter Gartner:** In the case of Hashimoto's – an autoimmune disease of the thyroid gland – we know, for example, that such a trigger can be a psychologically taxing situation, i.e. stress. Specific offers such as our De-Stress programme can be very helpful in these cases. The targeted administration of supplements also helps to support weak thyroid function. Supplements should always be tailored to the individual, however. In most cases, mental health counselling also makes sense. Park Igls offers this to guests as well, of course.

### Do guests come to Park Igls with a diagnosis or are these random findings?

**Peter Gartner:** Most guests arrive already half-diagnosed, but in many cases this diagnosis has never been reviewed. There are also patients whose symptoms suggest that there may be a problem with their thyroid gland. We then arrange an appropriate lab screening and a sonography of the thyroid gland; we have high-resolution ultrasound in-house. Then we decide whether it makes sense to call in Alexander Smekal for a consultation and refer the patient directly to him. This way, patients know exactly where they stand and what the plan is going forward.



### DIAGNOSTICS

## Detox Classic & Ultrasound Check

Combine our Detox Classic programme with a comprehensive specialist ultrasound examination of the digestive organs and vessels, the vessels supplying the brain, the thyroid gland, prostate and testicles or female breasts.



Check out the programme



# Fat-tastic

Proper nutritional misconceptions –  
and why our bodies  
love good fat

Fat has an image problem. For decades, it was simply considered as something that makes people... well, fat, as well as being a major health risk. However, fat is not only a flavour carrier but also – and this is often overlooked – an essential nutrient. In modern preventive medicine, especially Modern Mayr Medicine as practised at Park Igls Medical Spa Resort, fat has long been viewed in a more considered way. The key is not to avoid it, but to focus on quality and moderation.

## AN ESSENTIAL BUILDING MATERIAL

Fat is a central building block for our body. It protects our organs, cushions our joints, is part of every cell wall and plays a key role in hormone production. Essential fatty acids, which we can only obtain from food, are necessary for regulating inflammation, for our metabolism and for the absorption of fat-soluble vitamins such as vitamins A (retinol), D (cholecalciferol), E (tocopherol) and K (phyloquinone and menaquinone).

## GOOD TO KNOW

Fat is the most energy-dense macronutrient: 1 g provides 9 kcal – twice as much as protein or carbohydrates.

A balanced proportion of fat in our diet not only supports cell health but also our feeling of satiety. Studies show that low-fat diets often lead to cravings and increased consumption of sugar and starch – a cycle that puts strain on the metabolism in the long term. Good, high-quality fats, on the other hand, have a stabilising and balancing effect.

Healthy fats such as olive oil, linseed oil or almond oil should be an integral part of every meal – especially in the morning when the metabolism is activated.

## CHOLESTEROL – NOT A CULPRIT

Few substances have been as consistently stigmatised as cholesterol. Yet cholesterol is essential for cell structures, hormone production and brain function. Recent research indicates that dietary cholesterol adversely affects blood cholesterol levels in only a small subset of individuals. The balance between saturated and unsaturated fatty acids and the individual metabolic situation are much more important.

Not all cholesterol is 'bad': high-density lipoprotein (HDL cholesterol) is considered 'protective', while low-density lipoprotein (LDL cholesterol) only becomes problematic in combination with inflammation.

## OUR BRAIN LOVES FAT

It's hard to believe, but around 60 percent of the dry matter in the human brain consists of fat. Omega-3 fatty acids such as docosahexaenoic acid (DHA) are particularly important for concentration, mood and cognitive performance. In stressful times or with increasing age, an adequate supply of these fats contributes greatly to mental health.

## HISTORICALLY SPEAKING: FAT AND HEALTHY

Anthropological studies show that hunter-gatherer cultures, from the Inuit to the Aborigines, consumed significantly more fat than is recommended today. They ate a natural, nutrient-rich and high-fat diet – and were remarkably healthy.

## IN SHORT

High-quality (!) fats are an integral and important part of a holistic, healthy diet. Eating healthily does not necessarily mean deprivation, but rather balance, mindfulness and knowledge about what is good for the body.

- ⊕ Fat is essential – for cells, hormones and nerves.
- ⊕ Good fat keeps you feeling full for longer.
- ⊕ Cholesterol needs to be seen from a nuanced angle.
- ⊕ Omega-3 supports brain function.
- ⊕ It's not fat that makes you ill – it's an unbalanced diet.



“This roll – made from  
ancient emmer –  
fits perfectly  
into our nutritional  
concept.”

Markus Sorg,  
Head Chef

# Back to nature and the future of healing

The future of nutrition might not lie  
in new superfoods,  
molecular substitutes or synthetic diets.

The finished roll looks unassuming, but its inner structure reveals a dense, stable crumb (i.e. the soft inner structure of the bread), which is challenging in the best sense of the word. It demands attention – and requires chewing, which is of utmost importance in Modern Mayr Medicine dietetics.

The long dough processing not only ensures great taste but also makes the roll easy to digest: irritants such as FODMAPs – fermentable carbohydrates that are poorly absorbed in the large intestine – and phytic acid are broken down. During the maturing process, lactic acid bacteria and yeasts activate enzymatic processes that open up the dough and break down hard-to-digest components. The bread roll's therapeutic value is attributed to its low gluten content as well as its high levels of protein and unsaturated fatty acids.

## PERFECT CHEWING TRAINER

Chewing plays a central role in Modern Mayr Medicine. After all, digestion does not begin in the stomach, but in the mouth. Salivation activates the digestive enzyme amylase and sends a signal to the entire digestive tract that processing is about to begin. At Park Igls, the ancient grain roll is not merely served as a side dish, but as an integral part of the hotel's nutritional concept, which defines conscious eating as a healing method.

Head Chef Markus Sorg considers himself lucky to have the bread roll from the Tyrolean bakery as an addition to his kitchen. "Local production, short distances, transparency in origin and processing are essential for us in Modern Mayr Cuisine. This roll – made from ancient emmer, without yeast and with a firm crumb – meets our high quality standards and fits perfectly into our nutritional concept. It took more than five weeks of joint development to make the perfect chewing trainer and get the ideal texture and structure," says the chef. Together with a team of doctors, he achieved the best possible result – such that the new chewing trainer is even 'scientifically tested'.

## SMALL BREAD, BIG IMPACT

The ancient emmer roll at Park Igls is not a fad. It's quiet, modest and unspectacular, yet at the same time a symbol of a clear commitment: moving away from functionality; going against the grain of industrial mass-produced goods and back to original flavours; and focusing on foods that deliver both essential nutrition and enduring benefits.

Sometimes the simplest food is the clearest step towards health – and the most honest step towards ourselves.

It might lie in what many have lost: respect for food. Chewing with patience. Understanding that health does not begin with a pill, but with a conscious bite. The following story is not just about a new bread roll served to guests at Park Igls Medical Spa Resort; it's about the return of a grain that has long been forgotten.

Emmer, scientifically known as *Triticum dicoccum*, is one of the oldest cultivated grains known to mankind. It was first grown in the Fertile Crescent over 10,000 years ago and reached Central Europe via Anatolia and the Balkans around 8,000 years ago. It was then over 7,000 years ago that the resilient grain found ideal conditions to grow in the Swabian Jura, a high plateau in southern Germany characterised by barren soil and dry summers. Even today, the region is one of the primary areas for emmer cultivation in Germany.

Two Tyrolean bakers have dedicated themselves entirely to this ancient grain at their bakery BrotSchmiede. For generations, their family has grown ancient grains on their fields in the Swabian Jura. Ancient grains, spring salt, water and nothing else; no yeast, no additives, no industrial baking aids. Purely natural – and the most original form of bread making with a grain that has not been bred for high yields or to develop particular technological baking properties.

While high-performance wheat varieties dominate elsewhere, this family cultivates ancient grains using traditional methods – without hybridisation or genetic engineering. Ancient emmer is rich in minerals, contains less but natural gluten, and has a dominant earthy, nutty taste.

## A BREAD ROLL WITH A TOUGH ATTITUDE

In their small bakery in the historic town of Hall near Innsbruck, just 15 minutes from Park Igls, the bakers focus on dedication rather than fast processing. The dough is left to rest for up to 40 hours in a slow fermentation process, without any pure culture yeast. Instead, they use mild sourdough, handcrafting skills and patience.



# Smart people trust their gut

## Headaches – symptoms, causes and gut feelings

**H**eadaches are one of the most common health problems worldwide. More than 50 million people in Europe regularly suffer from migraines, with women being affected twice as often as men. This article looks at the connection between the nervous system, digestion, hormones and lifestyle. We'll take a look at the different types of headaches and show why our gut often knows more than our head.

### NOT ALL HEADACHES ARE THE SAME

We all know the feeling: pressure on the head, a twitching sensation behind the eyes or throbbing at the temples. Headaches are one of the most common complaints. But as commonplace as they may seem, their causes, manifestations and treatment options vary.

In medical terms, we distinguish between primary and secondary headaches. The most important difference is that primary headaches occur without any recognisable organic cause, while secondary headaches are due to a specific cause such as high blood pressure, inflammation or food intolerances. More than 90 per cent of all cases are primary headaches; the most common forms are migraines, tension or cluster headaches.

### PRIMARY HEADACHES INCLUDE

- tension headache – dull, pressing, usually on both sides
- migraine – pulsating, often on one side, accompanied by nausea or sensitivity to light
- cluster headache – rare, very painful, usually on one side behind the eye

### COMMON CAUSES OF SECONDARY HEADACHES

- high blood pressure
- inflammation
- overuse of medication
- hormonal changes
- food intolerances

### TRACKING DOWN THE CAUSES

Getting to the bottom of your own headaches requires observation and patience. Before consulting a doctor, it's helpful to keep a headache diary in order to spot possible patterns. When does the pain occur? What is the intensity? What did you eat before? Were you very stressed? How well did you sleep?

Medical examinations – regular check-ups, eye examinations, dental and jaw checks, blood labs or, in ambiguous cases, imaging – can help to identify the cause. There are many possible reasons and triggers for headaches. As the following case study from Park Igls shows, the solution might lie in a holistic medical approach. "One of the standard questions for us Mayr Doctors when assessing the medical history of a patient with headaches concerns digestion, because an overloaded intestine is quite frequently the root cause of headaches. With special lab analyses of the microbiome, manual abdominal treatments, Modern Mayr therapy intestinal cleansing and our diagnostic assessment, we achieve very good results," says Dr Richard Kogelnig, Deputy Head Physician at Park Igls Medical Spa Resort.

### MAKING YOUR EVERYDAY LIFE EASIER

What can I do in my everyday life in terms of prevention? "Prioritise the quality of your sleep, practise relaxation, reduce screen time, monitor your diet and avoid triggers. And drink two to three litres of water a day," says Richard Kogelnig.

## De-Stress

Manage stressful situations in a better way, strengthen your own resources, learn how to cope with pressure – we support you on your way to efficient regeneration.



Check out the programme



## A story of transformation

When the patient comes to Park Igls Medical Spa Resort for the first time, she looks exhausted, tired and slightly grey. She has been suffering from weekly headaches for more than ten years, which she herself – like many other people – describes as 'migraines'. But something is wrong: the pain is not one-sided, not pulsating, and she finds no relief even in a dark room. On top of this are sleep problems, decades of constipation, histamine intolerance and persistent knee pain. Her 'therapy' up to this point: aspirin and magnesium on a regular basis. Any proper diagnosis? No.

What the patient does not realise is that the cause of her complaints lies much deeper – in the truest sense of the word.

### TURNING POINT

It was clear from the very first medical history assessment that this was not a typical migraine, but a toxic headache caused by chronic constipation – a form of autointoxication in which products of fermentation and putrefaction such as ammonia or skatole enter the bloodstream and trigger systemic symptoms. Therapy starts gently, followed by a major crisis after two days: strong headaches, nausea, vomiting – bottoming out. A procaine base infusion brings rapid relief.

### BREAKTHROUGH?

On the third day of treatment, daily emptying finally begins. The magnesium

dose is doubled, the bitter water adjusted – and suddenly there it is: relief. The head is becoming clear, the stomach is beginning to come alive, the whole person seems changed.

### TRANSFORMATION

Within two weeks, not only have the symptoms changed, but the whole person. Drive, mood, complexion, facial expression: everything becomes livelier, clearer. And not to forget: an appointment with a neurologist that had been planned at the beginning of the stay? No longer required.

A year later, the patient comes back for a refresher. She is beaming. "Magnesium is the answer," she says laughing. The headaches? Only two mild episodes in twelve months. Digestion? Working smoothly.

Long-term balance is achieved thanks to an individualised microbiome analysis and personalised pro-/prebiotics. The gut has become a source of strength and is no longer a source of suffering.

Dr Peter Gartner concludes, "This case study shows quite impressively that not every headache is a migraine – and not every migraine is purely a head problem. When the bowel is regenerated, the whole body breathes a sigh of relief. Sometimes all it takes is a change of perspective – and a little magnesium. Smart people trust their gut!"

### DID YOU KNOW THAT ...

#### ☛ ... the brain itself never hurts?

The brain has no pain receptors. Headaches occur in the blood vessels, meninges, nerves or muscles – not in the brain tissue itself.

#### ☛ ... caffeine is helpful and harmful?

An espresso can bring relief from tension headaches or migraine episodes (caffeine constricts the blood vessels). However, too much caffeine or a sudden withdrawal can trigger headaches.

#### ☛ ... temperature differences can trigger headaches?

Changes in the weather, draughts or certain kinds of winds such as foehn winds, which is a frequent type of warm wind in the Alps, exacerbate migraines and tension headaches. This is due to barometric pressure and subsequent vascular reactions.

#### ☛ ... too much sleep can also trigger headaches?

Oversleeping can trigger headaches – not just a lack of sleep. Our brain reacts very sensitively to pattern deviations.

#### ☛ ... histamine can cause headaches?

Many headache and migraine patients react to histamine-rich foods. Histamine intolerance is little known as a cause of headaches, but it is easily treatable.

#### ☛ ... fasting and intestinal regeneration can help?

Modern Mayr Medicine often sees headaches as the result of intestinal stress, as a side effect of 'poisoned terrain'. Medically supervised fasting cures and a personalised diet can have a remarkable effect.





PEOPLE

## Medical music to our ears

**She studied medicine with the goal of becoming a general practitioner and dentist. Her areas of specialisation include holistic medicine, trauma therapy, better ageing and nutritional medicine, with years of experience working with burnout patients and additional training as a life breakthrough coach in New York. She has led a fulfilling life as a passionate physician with professional positions in Switzerland and Austria and a wealth of experience in general medicine and neuropsychology. We are proud to introduce Dr Sybille Matzenauer.**

Sybille Matzenauer was born in Bogotá and spent her childhood in Colombia until the age of twelve, where she was surrounded by the pulsating rhythms of Latin American sounds and the disciplined melodies of classical music. Her life has been shaped by llanos (green rolling hills), arepas, empanadas and the Latin American temperament. In addition, her father is a celebrated cellist who played under some of the greatest conductors of his time, including Karl Böhm and Herbert von Karajan; this gave her the privilege of learning to play the piano as a child and growing up in a passionately musical family. Moving to Austria and into a new world and culture has been equally formative: she decided to become a medical doctor and not a piano player.

Her passion for helping people remains strong, as does her desire for lifelong learning. This was exactly what motivated her to train as a Mayr Physician and to join Park Igls Medical Spa Resort. "Body, soul, spirit – that's what life is all about", says the expert. "Understanding the connections and relations between the three has always interested me. A holistic view of the human being, including from a medical perspective – a 360-degree approach if you will – is the right way for me. This is exactly what is reflected in Modern Mayr Medicine, too; the combination of academic medicine and the findings of Mayr Medicine. For me, a holistic approach is key to overcoming challenges together with our guests. Seeing the power of this approach unfold is truly inspiring. And we experience this every day at Park Igls."

"Looking at everything from all perspectives; assisting people in as many ways as possible in a compassionate and structured way – with special consideration for gender-specific medicine and with a gentle manner." When Sybille Matzenauer sums up her credo, you know and feel that she is not only successful in her profession as a doctor but also in her private life. The fine arts, music and especially playing the piano continue to be valuable aspects of her life.

**"It means a lot to me to understand and support people holistically – on a medical, emotional and personal level."**

Dr Sybille Matzenauer  
Mayr Physician



MODERN MAYR CUISINE

## Celeriac delicious and healthy

### 4 servings as a starter

1 celeriac  
250g coarse sea salt  
50g whole walnuts, shelled  
200ml coconut milk  
50ml apple balsamic vinegar  
Olive oil (for frying)  
4 tbsp maple syrup  
1 clove fermented garlic  
Pepper, nutmeg, cumin  
1 apple – Kissable or Boskoop

### OVEN-BAKED CELERIAC

Clean the celeriac with a vegetable brush under running water. While still damp, roll in coarse sea salt and then cook in a preheated oven at 175 degrees centigrade (fan) for approx. 2 ½ hours until the core temperature reaches 85 degrees. Peel the celeriac. Cut off any browned areas of the vegetable flesh and set aside for the walnut cream. Cut the white flesh into equally-sized rectangles.

### APPLE CRISPS

Wash the apple and cut it into wafer-thin slices using a vegetable slicer. Dry in the oven at 65 degrees (top and bottom heat) for 3 hours and use straight away.

### WALNUT CREAM

Cut the browned celeriac flesh into small pieces and sauté in olive oil. Add walnuts and caramelize with maple syrup, then glaze with coconut milk. Season with pepper, nutmeg, cumin, garlic and apple balsamic vinegar and purée in a blender until creamy.



More recipes from  
Head Chef Markus Sorg



# For your health



## EXCLUSIVE: TRAINING WITH THE CHAMPION

### 2026 Summer Special

A special, exclusive and limited offer for 2026: Maria Höfl-Riesch, Germany's three-time Olympic skiing champion and two-time world champion, will accompany you during the Active Summer Weeks at Park Igls. 28 June – 5 July 2026 and 5 July – 12 July 2026. Secure your place now!

## INTERMITTENT PNEUMATIC COMPRESSION

### Gentle support for the lymphatic system

If your legs feel heavy, get swollen easily or your body feels 'congested', this may indicate that your lymphatic system is impaired. The lymphatic system runs throughout the body in a similar way to the blood vessel system and plays a central role in removing tissue fluid, strengthening immunity and maintaining fluid balance. If the lymphatic flow is disrupted, swelling, tension and a general feeling of heaviness or discomfort can occur.

In addition to manual lymphatic drainage, at Park Igls we offer a complementary technique that uses special equipment: intermittent pneumatic compression therapy (IPC).

#### WHAT IS IPC?

IPC is a technically assisted procedure that promotes natural lymphatic drainage through rhythmic pressure using special cuffs (lymph drainage boots) that consist of several air chambers. During treatment, these chambers fill with air in a specific sequence, exerting gentle pressure on the tissue in waves. The aim is to support the drainage of lymph fluid via the natural lymphatic pathways.

The treatment is carried out while lying down, is painless and is generally perceived as pleasant and relaxing. A session usually lasts around 40 minutes.

#### WHO IS IPC SUITABLE FOR?

Mechanical lymphatic drainage can be a useful treatment...

- for people who tend to have heavy or swollen legs,
- for people who lack exercise (e.g. due to prolonged sitting or after travelling),
- for lymph congestion and persistent water retention,
- for regeneration after physical exertion,
- during fasting or detoxification,
- for fat distribution disorders such as lipoedema,
- for cosmetic reasons such as cellulite.

IPC is not suitable for acute infections or inflammation, deep vein thrombosis, certain venous conditions, decompensated heart failure or unexplained oedema. This form of therapy is therefore only offered after an individual medical assessment.

→ Detailed information on IPC therapy is available at our medical reception.



Check out the programmes

*Our team will advise and inform you personally and discreetly for your best health programme. Phone +43 (0)512 377 305*

## HELP WITH SLEEP DISORDERS

### New: Sleep Fit

Restful sleep is not a luxury, but the foundation for quality of life and energy. However, the causes of insomnia, restless nights or morning exhaustion often remain hidden. Sleep Fit at Park Igls Medical Spa Resort was developed for people who take care of their health with precision and foresight and are not satisfied with compromises.

## MUSCULAR-SKELETAL SYSTEM

### Physio Fit

Particularly useful for back pain, osteoarthritis, osteoporosis or painful muscle tension. Targeted treatment of pain syndromes.

## HELP WITH EXHAUSTION

### Fit not Fatigue

Regain your energy and master everyday life with renewed strength. This special therapy concept focuses on the diagnosis of substances responsible for fatigue and on the mitochondria.

## NEW YEAR'S EVE AT PARK IGLS

### Healthy New Year

New Year's Eve at Park Igls – arrival on 26 December 2025: after the Christmas holidays, start the new year feeling festive, relaxed and healthy with this special offer and 9 nights accommodation. 26 December 2025 – 4 January 2026.

## MOBILITY & COORDINATION

### Neuro Fit

This special therapy programme helps with strokes and degenerative diseases of the nervous system.

## 29 MARCH – 5 APRIL 2026

### Easter at Park Igls

Activate your self-healing powers, find peace and strengthen your resilience. Experience Holy Week as a soothing break for body and mind. Enjoy mindfulness in the here and now.

## STRENGTHENING THE IMMUNE SYSTEM

### Immune Booster

Do you suffer from food allergies, susceptibility to infections or hay fever? Strengthen your immune system and make it more resistant to illnesses and infections.

## BETTER THROUGH MENOPAUSE

### Meno Chance

Fit, active, open, self-confident and well-informed during the second half of life – mastering new challenges through diagnostics, coaching and the right mindset.