

PARK ZEIT



How much sleep is healthy?

Sleep is one of the most important regeneration mechanisms in the human body. While resting, our body repairs cells, regulates hormones, sorts memories, decreases inflammatory processes and strengthens the immune system. But how much sleep is actually healthy – and why do many people at Park Igls often have deeper and more restful sleep than they do at home after just a few days?

Science clearly recommends that adults should sleep between seven and nine hours per night. But studies have also shown individual differences: some people regenerate sufficiently with six and a half hours of sleep; others need up to nine hours to achieve the same level of rest. And while the need for sleep does not decrease with age, our sleep architecture changes: sleep becomes lighter, more alert, more fragmented.

Instead of counting the hours, it's therefore more advisable to ask: do I feel fit, clear-headed and emotionally balanced during the day?

WHAT HAPPENS WHILE WE SLEEP

Sleep is not a state of rest, but a precisely controlled biological programme. Processes take place during the night that can only happen to a limited extent when we are awake:

1. Cleansing of the brain (glymphatic system): Some brain cells shrink slightly during deep sleep phases. This creates space for lymphatic fluid, which removes metabolic products, proteins and deposits – a central mechanism for long-term brain health.

2. Hormone regulation: Sleep controls over 700 genes and their activity. Too little sleep increases stress hormone levels, impairs insulin sensitivity and reduces the release of our growth hormone – the most important regenerative stimulus for muscles, skin and tissue.

3. Immune system: A single poor night's sleep can significantly reduce the activity of certain immune cells; only sufficient deep and REM sleep restores the immune system's function.

4. Emotional stability: During REM sleep, the brain processes emotional experiences. A lack of sleep has been shown to lead to higher stress reactivity and lower resilience.

5. Metabolism: Even a few nights of too little sleep can affect glucose metabolism and temporarily raise blood sugar to prediabetic levels. →

Dear Park Igls guests,



Health does not solely originate from individual organs and is not based on lab analyses alone. Health is the result of a sophisticated interplay of hormones, metabolism, sleep, micronutrients and lifestyle. This ParkZeit issue is dedicated to exploring these relationships and their connection to health.

In this edition, we will explain why hormonal imbalances in both women and men often go unnoticed for a long period of time; for example, during menopause, in cases of gradual testosterone deficiency or when trying to conceive. Hormonal processes are rarely clearly apparent; rather, they tend to be subtle and, above all, require time and a differentiated diagnostic approach.

We will also focus on the liver – a central element of our metabolism that is a lot more than just our detox organ. If the liver does not function properly, our entire body is affected.

Furthermore, we will take a look at supplements from different angles. While micronutrients can be of therapeutic value, their administration needs to be based on an informed analysis and tailored to each individual. General recommendations usually fall short. What matters is medical precision, not quantity.

We will also turn to the question of how much sleep is actually healthy. After all, regeneration, hormonal balance and metabolic stability follow clear biological rhythms. Chronic sleep deprivation has a direct impact on our metabolism, liver function and hormonal regulation – with long-term consequences for performance and resilience.

I would like you to view this issue as an invitation to take a closer look, ask questions and perceive your health not as a state, but as an ongoing process.

Yours sincerely,

Andrea Gnägi
Managing Director

IMPROVING YOUR SLEEP

- ⌚ Consistent bedtimes and wake-up times
- ⌚ Avoid eating a large meal just before bedtime
- ⌚ Reduce screen time in the evening
- ⌚ Maintain a cool sleeping environment between 16 and 19 °C
- ⌚ Daily physical activity (ideally in the morning or afternoon)
- ⌚ No alcohol as a 'sleeping aid'
- ⌚ Calm evening rituals, such as reading, breathing exercises or a hot shower
- ⌚ Daylight in the morning, darkness in the evening

The Park Igls Sleep Fit programme was developed for people who suffer from difficulty falling asleep and staying asleep, daytime tiredness, inner restlessness or non-restorative sleep. Instead of quick fixes or superficial solutions, the programme relies on a well-founded combination of medical diagnostics, manual therapy, psychological coaching and relaxation-promoting treatments. Following a medical consultation, a mobile sleep lab, medical hypno-acupuncture and IHHT (cell training) are available as advanced diagnostic and therapy options.



WHY GUESTS SLEEP BETTER AT PARK IGLS

"We observe that sleep quality almost always improves after the first four or five days of staying at Park Igls," say the physicians at Park Igls. They attribute this to the structured setting that Modern Mayr Medicine creates.

Regular mealtimes and light, easily digestible food relieve the digestive tract

Digestion and sleep are closely linked via the vagus nerve: a calm gut supports a calm nervous system and, in turn, deep sleep.

Structured daily routine

A clear schedule with set times for meals, physical activity and rest periods stabilises the circadian rhythm – the internal clock that controls sleep and metabolism.

Physical activity without overexertion

The activity and exercise programme and the selected therapies increase physiological sleep pressure without placing excessive strain on the body. Moderate physical activity has been proven to improve deep sleep and sleep continuity.

Fewer stimuli, less pressure

Far away from everyday stress and constant digital connectivity, stress levels drop and night-time regeneration begins to take effect.

LACK OF SLEEP IS NOT A LIFESTYLE ISSUE

A lack of sleep is often an underestimated issue – but it constitutes a medical risk factor. Studies show that people who consistently sleep less than six hours per night increase their risk of cardiovascular disease, weight gain, metabolic problems and a whole range of psychological stressors. Susceptibility to infection increases and emotional stability crumbles – even two nights with very little sleep can measurably impair mental performance.



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.



Check out the programme

When medicine has time

Hormones control our entire lives – mostly quietly, but at times quite noticeably. They influence our sleep, our energy and mood, our weight, fertility and sexuality. And yet hormonal causes of complaints often remain undiagnosed in everyday medical practice, simply because there is not enough time allotted to each patient. At Park Igls Medical Spa Resort, medical care does not begin with a quick diagnosis, but with a thorough assessment of each guest.

It all starts with a conversation. Park Igls Medical Spa Resort listens, understands and recognises connections in order to give space to issues that are often neglected elsewhere. "The main advantage at Park Igls is that we have plenty of time to dedicate to each individual patient," says Head Physician Peter Gartner. "Many of our international guests do not have a medical counterpart at home who really supports them. We then take on this role, especially when guests return regularly." Some of them come with a long history: consultations, findings, therapy attempts. What is often missing is a place where all these pieces of the puzzle are brought together. This is exactly where Park Igls comes into play with its holistic approach and expansive network of consulting physicians, all of whom are leading specialists in their field.

Such close cooperation is particularly important when complaints or symptoms cannot be clearly attributed to a specific cause. Hormonal issues are rarely clear-cut, but often materialise in widespread ways: as exhaustion, sleep problems, weight gain, mood swings, etc. Hormones work quietly, and complaints are rarely obvious. As a result, hormonal causes often remain undiagnosed. Germar-Michael Pinggera, Urologist and

Senior Physician at Innsbruck University Hospital, and Bettina Toth, Director of the University Clinic for Gynaecological Endocrinology and Reproductive Medicine in Innsbruck, serve as consulting physicians at Park Igls. Whenever further assessment is required, guests are referred to them. Many sensitive topics are not discussed during the first consultation with a doctor. Potency issues, loss of libido, menopausal symptoms or the desire to have children require someone who listens without judging. "These topics almost never come up right at the beginning," says Peter Gartner, speaking from experience. "But when someone is here for two or three weeks, which is the ideal length of time for a stay with us, and you see each other and talk to each other regularly, a real relationship develops based on mutual trust." Germar-Michael Pinggera agrees. "Guests at Park Igls are supported and guided. The staff listen to them and devote time to them. Only then do things come to light that have no place in everyday life. This is crucial to recognising whether and which consultations and therapies are appropriate."

HORMONES – CONNECTING THE DOTS
At Park Igls, hormones are never addressed in isolation, as each individual is assessed from

"The main advantage at Park Igls is that we have plenty of time to dedicate to each individual patient."

Dr Peter Gartner

a holistic perspective. Hormones are closely linked to the intestines, metabolism, nervous system and psyche. This, in turn, is associated with Modern Mayr Medicine, in which the intestines play a key role. Through the microbiome, our intestines are in constant dialogue with almost all bodily functions. The microbiome-hormone axis provides an explanation as to why a Modern Mayr Cure not only improves digestion, but can also enhance energy levels, metabolism, the menstrual cycle and even fertility.

For many women, menopause is a big issue. It is still widely experienced as an inevitable fate that is often associated with uncertainty and conflicting information. "Not every woman needs hormone therapy," explains Bettina Toth. "But women who have no symptoms are clearly a minority, and not every woman who has symptoms receives appropriate treatment." Studies show that severe menopausal symptoms can have a significant impact on women's quality of life and ability to work, with long-term consequences on their social life and health. Women often state that they feel they are not taken seriously. "In some healthcare systems, especially in certain countries, there is a lack of continuous gynaecological care," says the



"Menopause is a turning point in a woman's life. Gut health, physical activity, stress regulation – all of these factors influence how women go through this phase."

Dr Bettina Toth

DR BETTINA TOTH is a specialist in gynaecology and obstetrics and Director of the University Clinic for Gynaecological Endocrinology and Reproductive Medicine at the Medical University of Innsbruck, specialising in fertility treatment and hormonal disorders. Dr Toth is a consultant at Park Igls.

DR GERMAR-MICHAEL PINGGERA is a specialist in urology and andrology and a senior physician at the University Clinic for Urology at the Medical University of Innsbruck, specialising in men's health and sexual dysfunction. Germar-Michael Pinggera is a consultant at Park Igls.

"Unlike in women, there is no clear end point in men. Hormone production declines gradually, making a deficiency difficult to detect."

Dr Germar-Michael Pinggera



physician. "As experts, we can listen, explain and decide together whether and which therapy is appropriate."

It is never just about hormones alone. "Menopause is a turning point in a woman's life. Gut health, physical activity, stress regulation – all of these factors influence how women go through this phase." At Park Igls, menopause is therefore understood as part of a lifelong hormonal process. Programmes like Meno Chance, whose name was chosen deliberately, are based on this idea and see menopause not as a deficit, but as an opportunity for reorientation, supported by medical and psychological experts.

THE HIDDEN IMBALANCE

While women usually go for regular gynaecological check-ups, men often lack a comparable medical ritual and only seek medical help when their symptoms become severe. As a result, hormonal causes often remain undiagnosed. Germar-Michael Pinggera works in the field of andrology, which is essentially the equivalent of gynaecology. This is why the term 'andropause' is often used in relation to men. The urologist does not agree with this term. "Unlike in women, there is no clear end point in men. Hormone

production declines gradually, making a deficiency difficult to detect." In general, hormonal issues are often attributed to women, while men tend to remain silent on the subject. Fatigue, depressive moods, muscle loss and sleep disorders also occur in men, but are predominantly attributed to other causes. Hormones are rarely considered.

A differentiated hormone profile is part of the diagnostic process at Park Igls. The decisive factor is not the result of the lab test alone, but symptom interaction. "Hormones are an important marker, in both men and women. However, a hormone deficiency without symptoms is not a reason for treatment," says the expert. Conversely, many men receive the wrong treatment for years because the hormonal cause is not uncovered. Testosterone administration warrants caution. Contrary to popular belief, additional use at normal testosterone levels does not lead to improved potency or increased muscle mass. On the contrary, incorrect use can even be harmful. However, when applied correctly – in cases of proven deficiency and in combination with lifestyle changes – therapy can be beneficial for metabolism and insulin sensitivity.

MANY LEVELS – A SHARED PERSPECTIVE

The desire to have children shows quite clearly how closely physical systems are intertwined. In this context, an unfulfilled desire to have children is a highly sensitive and personal issue. Germar-Michael Pinggera and Bettina Toth have been working closely together for years outside of their work at Park Igls. "Together, we think about fertility and which elements to optimise before resorting to invasive therapies," says Bettina Toth. At Park Igls, the combination of medical expertise, behavioural changes and, above all, stress reduction creates a good foundation, regardless of whether reproductive medicine steps are taken at a later stage. "The Mayr Cure can actually increase fertility," says Peter Gartner, and Bettina Toth adds, "In addition, there are immunological effects. And, last but not least, people take a conscious break. Many couples not only gain medical insights from their stay, but also lasting changes for their everyday lives. Head Physician Peter Gartner concludes, "That is the general goal of a stay. We open doors and uncover new paths, but everyone has to walk these paths themselves. However, taking the first step is definitely easier when you feel seen, understood and supported."

Fitness boxing



WHERE DOES FITNESS BOXING COME FROM?

Fitness boxing has its roots in classic boxing but was adapted to become a popular sport in the 1980s and 1990s. Boxing elements were combined with aerobics and functional training – without physical contact but with a focus on health. Innovative variations, such as the one used at Park Igls, strengthen the back, metabolism and stress resilience and are among the most effective full-body workouts.

Fitness boxing has been one of the most popular training options at Park Igls Medical Spa Resort for several years. This may come as a surprise, as boxing is often associated with brute strength. In a medical context, however, it has been shown that controlled, repetitive movement patterns – rather than peak exertion – help to regulate the muscular and nervous systems.

PRECISION AND RELEASE OF TENSION

Fitness boxing combines coordinated punch sequences with stabilising movements from functional training. This combination activates large muscle chains without overloading them. This is particularly relevant for people with back problems, limited mobility or issues attributable to a sedentary lifestyle. Fitness boxing targets the deep core muscles and improves posture often after just a few sessions.

Simone Huemer, Head of the Exercise Department at Park Igls, explains, "At Park Igls, we do not focus on maximum strength, of course, but on controlled movements. This makes the training suitable for beginners of all ages – with no previous experience required."

METABOLIC BENEFITS

Boxing-style interval training boosts energy consumption and enhances circulation. This can be of great value to people with metabolic issues, such as insulin resistance, obesity or a low basal metabolic rate. The alternation between fast punches and short recovery phases also improves oxygen supply and strengthens the cardiovascular system.

STRESS REDUCTION

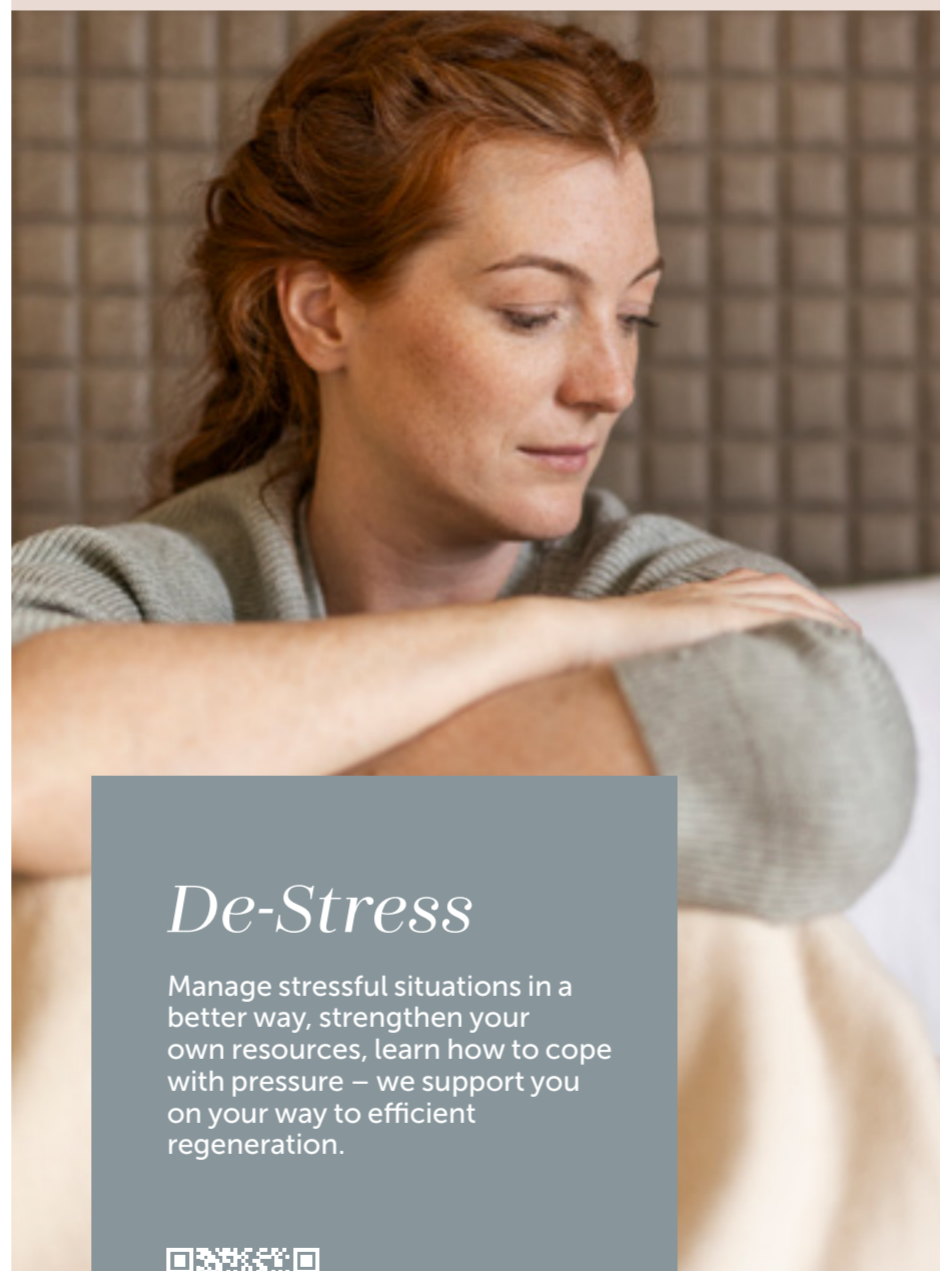
One of the most striking effects of fitness boxing is its advantages for mental health. The rhythmic movements of boxing create a form of

concentration that many people lose in everyday life. The focus shifts to breathing, posture and technique – a mechanism that reduces stress hormones and, at the same time, stabilises the autonomic nervous system.

"Many of our guests describe fitness boxing as clarifying," says Simone Huemer. "Indeed, physical activity becomes a tool for self-regulation – not through anything elaborate, but through consciously executed, repeated movement."

WITH PREVENTION IN MIND

The activity and exercise programme at Park Igls is based on a preventive medical approach that focuses on regulation, strength building and stress reduction. Fitness boxing fits seamlessly into this concept. "It's dynamic, but not aggressive; it's challenging, but easy to control; it makes medical sense and is relevant to everyday life. And it's a lot of fun!" concludes Simone Huemer.



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

Dangerous habits

Stress, perfectionism and the desire to do everything right: many people seem to be functioning well in everyday life and realise only later that something in their life has gone astray.

It is not always a genuine crisis or an obvious turning point that signal something is no longer right. Problematic behaviours and hidden addictions rarely arise out of the blue. They usually grow insidiously, embedded in routines that might initially even seem helpful, explains Gerald Autengruber, psychologist at Park Igls Medical Spa Resort. It is often during workshops, conversations with doctors or psychological consultations that guests at Park Igls realise there is an issue.

When do certain behaviours turn into problems and what is actually considered an addiction?

Gerald Autengruber: When it comes to behavioural addictions, it's quite difficult to draw the line. Gambling addiction, as well as computer and media addiction, are now officially recognised as addictive disorders in ICD-11, since similar biochemical processes occur in the brain as with substance abuse. Terms such as 'work addiction' or 'sports addiction' are not clearly classified scientifically and are more likely to be referred to as problematic behaviours. However, it's not the definition that's decisive, but the pressure it exerts on one's life. If a behaviour displaces other areas of life, such as relationships, recreation or health, it is worth taking a closer look.

Why are the boundaries between habit and problematic behaviour often so difficult to recognise?

Many of these behaviours are socially accepted or even desirable. Work is a good example of this. Commitment, performance and constant availability are seen as positive. An important point of reference here is the following question: what purpose does this behaviour serve? If I notice that I am using it to avoid other areas of life or shirk responsibility, there is a problem, regardless of what we call it. For example, someone works a lot because their family life or relationship is overwhelming. In this case, the behaviour is problematic, but the real problem lies much deeper.

Are there clear warning signs that we should look out for?

A key warning sign is loss of control. If you find it difficult to decide for yourself when to start an activity, how long to do it for and when to stop, you should take a closer look. Behaviour outside the appropriate context is also an indication; for example, if I am constantly on my mobile phone in social situations. Another important sign is external feedback – family members often complain about the social withdrawal of the person in question. Those affected often feel mounting pressure as soon as they are unable to continue the behaviour. In addition to that, rest times are often no longer experienced as relaxing, but as a threat. All these signs are indications that a person is trying to cope with inner pressure. The earlier they are noticed, the greater the chance of returning to a healthy, self-determined life.

What does Park Igls offer to help?

Making a start is quite straightforward at Park Igls. Many guests initially join open workshops, which then may lead to them wanting to seek psychological counselling. Recommendations by physicians can also serve as a door opener. Furthermore, psychological coaching and talk therapy are inherent parts of our De-Stress programme. Many people know that they feel stressed, but not why. It is often only during conversations that the underlying issues become clear. For many people, it's a great relief to realise that you don't have to wait until everything falls apart before taking action.

Can addictive or problematic behaviour be replaced with healthier routines?

Generally speaking, this sounds logical but is not the answer. We often see shifts occurring in people. For example, someone cuts back on excessive work but immediately replaces it with exercise. This becomes a problem especially when people try to use their (addictive) behaviour to compensate for or escape from another area of their lives. If the actual issue lies in a relationship or family, little is gained by simply changing the form of distraction.

“From a psychological point of view, behavioural disorders or addictions are usually caused by internal conflicts: the desire for recognition, fear of failure, fragile self-esteem or unresolved emotional needs. The behaviour then becomes a kind of internal contract: if I function, I am safe; if I perform, I am valuable.”

Gerald Autengruber, psychologist

What role do mindfulness and psychological support play in this?

The first step is acceptance and the realisation that something is wrong. Psychological counselling can help to analyse the status quo and identify the next steps. In this context, mindfulness is not something mystical, but above all a matter of deliberate practice – and patience with oneself. It's about asking yourself again and again: what am I doing right now? How does it make me feel? And especially: why am I actually doing this?

What can guests take away from Park Igls and apply to their everyday lives?

You shouldn't try to take everything that works well during your stay home with you, because the protected atmosphere at Park Igls is a different environment to everyday life. Small steps strengthen self-efficacy and help regain freedom of choice. Change does not mean giving up performance or commitment but being able to decide freely instead of feeling internal pressure.

Supplements? Too supple to be true.



Dietary supplements: cause for excitement or disappointment?

by Dr Peter Gartner, Medical Director

They are on everyone's lips, quite literally: dietary supplements. Since Linus Pauling, the popular Nobel Prize winner in the field of chemistry, proclaimed in the late 1960s that taking large amounts of vitamin C would prevent a wide range of diseases, especially cancer, supplements have enjoyed a meteoric rise in popularity. In over 75 per cent of German households, medicine cabinets, bedside tables and junk drawers contain opened boxes, bottles and blister packs with healing contents in all colours, shapes, flavours and aggregate states. In my practice, it is not uncommon for patients (especially male ones) to (proudly) present bags or boxes full of dietary supplements when we first meet.

It has become very easy to access dietary supplements due to their unrestricted availability in pharmacies and drugstores, but also in supermarkets and petrol stations. Especially online sales, not least due to the 'recommendations' of incurably healthy influencers and even fitness apps, have led to a widespread use of dietary supplements.

What is the real deal with supplementing your diet, who benefits from it and what should you look out for?

The vitamin and minerals market has grown rapidly worldwide, not least due to the effects of the COVID-19 pandemic. Statista, a Hamburg-based organisation that analyses insights and facts from 170 industries in over 150 countries, estimates that global vitamin and minerals sales for 2025 stood at just under 30 billion euros – and counting. What are the reasons behind this success story?

On the one hand, consumers have high (or even unrealistic) expectations; they hope for increased performance, improved regeneration, protection against disease, pain reduction, better sleep or simply a longer life. And more often than not, these miraculous substances are supposed to compensate for the harmful effects of an excessive or sedentary lifestyle. On the other hand, thousands of doctors faced with diagnostic and therapeutic uncertainty are quite happy to be able to satisfy a large number of pill-seeking patients (just like with a placebo) by providing them with supplements. This approach sounds trendy, is expensive and therefore surely effective. And if the doctor himself takes them, as he says he does, then they most certainly won't do any harm. The success of dietary supplements has even brought about a new sub-division within the medical profession: the purpose of this group of physicians

seems to be to carry out countless overpriced lab tests and to not only prescribe supplements in bulk based on the results of said tests, but also to sell them directly to their patients. This group of functional doctors calls itself holistic – without taking the (w)hole picture into account. After all, carrying out assessments without understanding the patient's comprehensive medical history, promises of healing without a physical examination being conducted, or diagnoses without further specialist evaluation are insufficient. Taking the full measure of a person, so to speak.

In most cases, dietary supplements contain essential micronutrients that are important for nutrition, such as minerals, vitamins and trace elements, but also components of proteins and fats, such as amino acids or fatty acids, sometimes in very high concentrations. From a legal perspective, despite their dosage form as capsules, tablets or drops, they are not considered as medical drugs but as foodstuffs. This is why manufacturers are not obliged to list any side effects, contraindications or interactions with medical drugs on the package insert (which therefore usually looks more like an illustrated advertising leaflet). Few consumers are aware that dietary supplements, which appear harmless because they have no side effects, not only alter the results of blood or urine tests but can also interact with numerous (real) medical drugs. For example:

- ⊕ The popular **vitamin B7**, also known as vitamin H or biotin, is often taken to strengthen hair and nails, but it distorts blood test results for thyroid and sex hormones, as well as for troponin, an important marker for heart attacks.
- ⊕ **Products containing glucosamine and chondroitin**, commonly used for joint problems, can alter the effect of blood-thinning medications and adversely affect the body's glucose metabolism.
- ⊕ Cancer treatment using **cytostatic** drugs attempts to build up high oxidative levels in the cancer cells, which is intended to destroy the tumour cells. If you take antioxidants like vitamin C at the same time, you risk reducing the effectiveness of the therapy.

Is there any real reason to use dietary supplements?

Those who are fortunate enough to be able to eat a healthy and varied diet, exercise regularly, enjoy the positive effects of sunlight in healthy doses, and who know about the enormous importance of chewing and salivation (which is part and parcel of your annual Mayr Cure), do not need supplementation. Henning Sartor, scientific advisor to the International Society for Mayr Medicine, states quite clearly, "Healthy food does not need supplementation." Provided you live by the sea, one might add. Because in our part of the world, things usually look a little different:

- ⊕ The relative lack of sunlight and, not least, the dermatologically prescribed fear of skin cancer have led to widespread vitamin D deficiency that can only be compensated for by supplementation with drops or capsules. **Vitamin D** improves bone density, optimises the immune system and enhances brain function, especially mood and memory.
- ⊕ Certain **omega-3 fatty acids**, which are important for healthy blood vessels, among other things, are only found in marine fish and should therefore be taken as a supplement by people who are at cardiovascular risk – at least as part of a course of treatment.
- ⊕ Latent magnesium deficiency is common in our society and can lead to frequent muscle cramps. Fortunately, it is not possible to overdose on magnesium, as the body only absorbs the amount it needs from the intestine; any excess **magnesium** remains in the intestine, softening the stool, which leads to diarrhoea in the worst case.
- ⊕ In addition, taking **zinc** to support the immune system can be beneficial during periods of increased infection risk.
- ⊕ And last but not least, taking **vitamin C** can be helpful – but not 18 grams per day, thereby exceeding the recommended intake by 160 times, as practised by Linus Pauling, who ultimately died of cancer.

The silent powerhouse

Why the liver is an underrated organ and deserves more attention



“Anyone who has experienced what it feels like to have reduced metabolic strain suddenly understands why the liver was and still is considered to be the centre of vitality in many traditional medical systems.”

Dr Peter Gartner

There are human organs that immediately make themselves known as soon as something is wrong: the heart beats faster, the stomach gets irritated, the muscles tense up. And then there is the liver – an organ that remains silent, no matter how much strain we put on it. No warning sings, no pain, no immediate feedback. Our liver works 24/7. At full speed. It filters the blood, it regulates blood sugar, it breaks down hormones, it stores vitamins, it sorts metabolic products, and it is involved in almost every process that keeps the body in balance.

Perhaps this silence is the very reason as to why many people think too little about their liver. Our lifestyle certainly doesn't factor in our liver. Long working hours, late meals, coffee as a stimulant, a glass of wine to unwind, too little sleep, travel, stress, social obligations – all of these things place immense demands on our liver every day. And what does the organ do? It compensates for as long as it can and for as long as we let it. Until at some point, we notice that something is no longer working as smoothly as it used to.

Initial signs are often non-specific; they are rarely noticeable in the stomach; much rather, they show up in our daily lives. You don't feel awake in the morning, even though you've had enough sleep. Your head feels heavy, as if there were a thick wall of fog between your thoughts and clarity. Your digestion becomes more sensitive, your sleep more restless, and your energy levels more unstable. None of this seems like a medical problem – and yet the cause is often found right there, in the upper abdomen just below the right rib cage.

The liver is an organ with an amazing ability to regenerate. It can renew itself, break down fat and regulate metabolic processes – provided it is given the opportunity to do so. After all, the pace of modern life often leaves little room for breaks. Yet rest periods are extremely important for the liver to be able to perform all its tasks with the kind of precision for which it was created.

Perhaps this explains why many guests at Park Igls share the following experience: after just a few days of enjoying the Modern Mayr Cure, fundamental changes occur: the day becomes more structured; meals are light and hot and are taken at pre-defined intervals. This allows the digestive system to return to its natural rhythm. Manual abdominal treatments release tension, the presence of which you often only notice once it has gone. Our regular guests know that a day with moderate physical activity – rather than exhausting exercise – ideally ends with a liver wrap to usher in rest time. The gentle heat not only provides relaxation; it signals to the body to switch to night-time regeneration mode – the state in which the liver works most efficiently.

In this tranquil state, the body begins to reorganise itself. Peter Gartner explains this as follows: "Many guests report a feeling that is difficult to put into words. A certain kind of inner lightness occurs: thoughts become clearer, sleep deeper, digestion smoother. The body seems to have rediscovered something that had been lost in the noise of everyday life. The liver is now no longer an abstract organ that does its work in the

THE THREE MOST FREQUENTLY ASKED QUESTIONS ABOUT FATTY LIVER

What is simple fatty liver disease?

Simple fatty liver disease occurs when the liver stores too much fat, but no inflammation or scarring has occurred yet. An ultrasound will show a lighter-coloured liver. Blood labs might come back normal, which is why an ultrasound examination is the most reliable way to detect a fatty liver.

How dangerous is simple fatty liver disease?

Simple fatty liver disease is not acutely dangerous in its early stages, but it is an important warning sign that should be taken seriously. Simple fatty liver disease can regress completely; but if it goes unnoticed for a long period of time, it becomes dangerous.

Is simple fatty liver disease common?

Yes, it is very widespread. Today, around one in three adults is affected. Many people do not notice the problem for a long time because it often does not cause any symptoms.

background, but becomes a conscious, perceptible pacesetter that stabilises the entire body.”

The effective mechanism behind all this is by no means extreme or radical; it's a fine interplay between structure, relief and rhythm. Modern Mayr Medicine does not focus on quick effects, but uses fundamental physiological mechanisms, light nutrition, bitter substances, sufficient fluid intake and a reduction of toxins to achieve lasting results. If the liver is not constantly busy compensating for overload and excessive strain, there is plenty of room for regeneration. It then breaks down fat that has accumulated over years; it normalises blood sugar and hormone levels; it supports processes that are crucial for energy, mood and mental stability. All this happens quietly but noticeably.

As Peter Gartner says, "Our liver does not demand attention, but it reacts immediately when you dedicate some of your focus to it. Anyone who has experienced what it feels like to have reduced metabolic strain suddenly understands why the liver was and still is considered to be the centre of vitality in many traditional medical systems."

In a fast-paced world that constantly drives us, a place like Park Igls is a rare counter-model. This is not only because it slows things down, but because it gives the body back what it needs to function. Here, the liver, our silent powerhouse, gets what it needs: time, warmth, lightness and a daily dose of rest that is often lost in everyday life.

"Once the liver is working smoothly again, more things will change than you expect. These are not drastic, spectacular changes – but profound ones. We create a balance that you will notice not only in your body, but also in your day-to-day life."

Gardening with Aloha Spirit

Hawaiian natural philosophy
in the heart of Tyrol



The park is quiet early in the morning. Dew glistens on the grass, and the first light falls on the meadows between the old trees. Matthew Hart-Hilber gently strolls along one of the paths, stops, examines some young shoots, and runs his hand over the bark of an old tree. It is here, in the garden of Park Igls Medical Spa Resort high above Innsbruck, that his day begins.

"Ua mau ke ea o ka āina i ka pono – the life of the land is preserved in righteousness."

An unusual phrase, Hawaii's motto does not refer to power or freedom, but to the relationship between people and the land. The idea behind it: the land remains alive when people treat it with respect. This concept is part and parcel of Matthew's life – more than 12,000 kilometres from his birthplace.

Matthew was born on the island of Maui, a place where nature thrives continuously and consistently: tropical plants, warm rain and temperatures between 20 and 30 degrees all year round. Life takes place outdoors, amidst the sea, waves and beaches. Leisure time is filled with surfing, the wind in his face, the sea in motion.

His initial career was in a completely different field. After finishing school, he trained as a chef. But he soon realised that he preferred working in the great outdoors. He switched to gardening and landscaping – a natural decision. Or, as he puts it: it wasn't that he sought out nature – nature called him home.

Matthew hasn't lived on Maui since 2000. He first went to Israel, before going on a holiday in Crete two years later where he met a woman from Tyrol – an encounter that changed his life. In 2003, he moved to Austria and settled in Innsbruck.

Moving to Tyrol did not come with a cultural shock despite the vast contrasts. Whilst Maui lies at sea level and the climate is mild all year round, Innsbruck-Igls is situated at an altitude of just under 900 metres, surrounded by mountains. Here, four seasons dictate the rhythm of nature; winter brings snow and frost. And yet, for Matthew, the only thing that has really changed is the landscape.

On Maui, it was the sea that defined his daily life; in Tyrol, it's the mountains. Instead of heading out onto the water with his surfboard, he enjoys being out in the snow with his snowboard in winter. Water and rock – two landscapes that could hardly be more different, and yet they evoke the same feeling: being outdoors, feeling nature, being part of it.

Matthew has been responsible for nature and garden maintenance at Park Igls for 11 years. His work follows a clear philosophy: the garden is 100% organic. For him, gardening does not mean controlling nature, but supporting it. This approach is evident throughout the park. Visitors walk barefoot across meadows and paths, feeling the grass and earth beneath their feet. The garden is not just a scenic backdrop; it's entirely part of the experience – a place to enjoy tranquillity and connection with nature.

The park's old trees are particularly close to Matthew's heart. Some of the trees are over 100 years old and define the park's character. For him, they are silent witnesses to time. Their growth speaks of the power of nature.

What's his favourite spot in the park? "Good question," he says. "There are many, but the place where the old pine trees offer a view across the Nordkette mountain range is one of my favourite spots." Other species with various shapes and heights have taken root amongst the ancient giants. "The old trees and the new garden design merge into a harmonious whole," explains Matthew.

Perhaps that is precisely the essence of his approach: working in harmony with nature and having plenty of patience. In Hawaii, they call it the Aloha Spirit – a blend of serenity, respect and deep connection with nature.

Matthew looks after nature – day after day, year after year. In keeping with the ancient Hawaiian motto: the life of the land endures when people live in harmony with it.



Dr Richard Kogelnig appointed to the International Society for Mayr Medicine



This appointment recognises Richard Kogelnig's many years of experience and expertise in Modern Mayr Medicine, as well as his commitment to training, quality and continuous development of the field.

What does it mean to you personally to be appointed as a training physician at the International Society for Mayr Medicine?

It is a great honour for me to be appointed as a training physician at the International Mayr Society; and at the same time, it is an enormous responsibility. It is indeed a recognition of my many years of clinical work, my experience in the field of Modern Mayr Medicine and my commitment to quality and ongoing development. On a personal level, it means that I can actively contribute to the future of this medical approach and pass on my knowledge to the next generation of doctors.

Which values and principles of Modern Mayr Medicine are particularly important to you when training the next generation of Mayr Doctors?

Medical care, scientific grounding and a focus on the individual are central to my approach. Modern Mayr Medicine offers a differentiated, medically informed therapy concept. In my training, I promote a profound understanding of intestinal physiology, metabolism and neuroendocrine regulation, as well as clinical observation skills. Equally important are the psychosocial level, the life context in which conditions develop, as well as empathy, dedicating time to the patient and conveying the importance of natural, salutogenic factors for recovery and prevention.

What role will Modern Mayr Medicine play in the future when it comes to prevention and holistic health?

I am convinced that Modern Mayr Medicine will play a key role in this respect. In response to the rise of chronic, lifestyle-related diseases, Modern Mayr Medicine offers a structured, medically informed prevention concept. It starts early, regulates metabolic and inflammatory processes, and strengthens the body's ability to regulate itself. It therefore fits perfectly into the modern concepts of prevention and longevity medicine.

What continues to fascinate you about Modern Mayr Medicine – and how has the field evolved in recent years?

I am very much fascinated by its clinical efficacy despite its relatively simple basic principles. Research has clearly confirmed just how important the gut is as a central regulatory organ. Mayr Medicine has constantly evolved over the last decades – moving away from a general approach towards a differentiated, diagnostically informed, personalised form of medicine that brings together modern diagnostics, nutritional medicine, chronobiology, psychoneuroimmunology and the latest findings in ageing research and prevention medicine.

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Vegetable Tartare with Chioggia Beetroot

Starter (serves 4)

INGREDIENTS

Chioggia beetroot (300 g), shiitake mushrooms (150 g), Dijon mustard (1 tbsp), cooked mustard seeds (1 tbsp), maple syrup (1–2 tsp), olive oil (2–3 tbsp), lime zest (from 1 lime), lime juice (from ½ lime), ground cumin (a pinch), fleur de sel, freshly ground black pepper, nasturtium leaves, pea shoots, optional: nut oil (e.g. walnut or hazelnut oil)

METHOD

Steam the Chioggia beetroot whole, unpeeled and untrimmed, after thoroughly scrubbing, for 40–60 minutes until tender. Allow to cool, then gently rub off the skin and cut into a fine brunoise.

Clean the shiitake mushrooms, finely chop, and briefly sauté in a little olive oil. Lightly season with salt and leave to cool.

Combine the beetroot and shiitake in a bowl. Add the Dijon mustard, mustard seeds, maple syrup, olive oil, lime zest and juice. Season with fleur de sel, freshly ground black pepper, and a delicate touch of cumin.

Allow the mixture to rest for 10–15 minutes to develop its flavours.

Using a ring mould, divide and shape the tartare into four neat portions on plates. Garnish elegantly with nasturtium leaves and pea shoots. If desired, finish with a light drizzle of nut oil.

Chef's Tip: cooking the Chioggia beetroot whole preserves its vibrant colour, intensifies its flavour, and ensures a refined texture.



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