

PARK ZEIT



Heart rate
141 bpm



Steps
10'541



Heart rate
145 bpm



Steps
10'673



Heart rate
140 bpm



Steps
12'489



Heart rate
136 bpm



Steps
11'239



Self-scanning

Who wouldn't want to be a better, fitter and more beautiful version of themselves? In a world dominated by smartwatches, fitness trackers and health apps, it's tempting to log almost every aspect of our lives. But does this really mean that we better understand ourselves?

Our watches count our steps, analyse our sleep phases, monitor our heart rate and calculate our stress levels. Fitness apps record every training session; smart scales measure our body fat. It has never been easier to collect data about ourselves. Yet this flood of digital information reveals something quite paradoxical: the more meticulously we measure ourselves, the more difficult it becomes to actually feel our own bodies.

DATA VS. GUT FEELING

It sounds tempting: everything that can be measured gives us objective information. Numbers convey a sense of security, provide guidance and allow us to compare data. It's true that modern technologies can help us live healthier lives. Tracking daily activities can make us more aware of how we behave; if we see that we haven't been getting enough sleep over an extended period of time, we might know what to work on. But once data take over and we lose our self-perception, things become problematic. The Quantified Self movement proposes that true self-awareness can only be achieved through hard figures and algorithms. As a result, many people rely more on the information they receive from a device than on the signals their own bodies send. Yet our body has an astonishing capacity for self-awareness.



This doesn't mean that statistics are not helpful. On the contrary – modern medicine would not work without data. Blood tests, ultrasound scans, performance diagnostics and cardiovascular examinations offer valuable information. Whether data are measured or not isn't the issue: it's how the information is interpreted. After all, each number tells just one part of the story. Elevated blood pressure could point to an underlying condition or simply be the result of anxiety before a check-up; unusual lab results could be of no clinical significance. Conversely, seemingly normal results can mask signs that something deeper is wrong.

Modern diagnostic approaches play a central role at Park Igls Medical Spa Resort. Comprehensive lab tests, cardiological diagnostics and modern body analyses provide essential information about a person's state of health. Nevertheless, these results aren't considered an end in themselves, but instead a tool for guiding us. One example of this is our new in-house 3D body scanner. Using high-resolution infrared technology, it scans the body and generates a three-dimensional image, which not only allows us to analyse body circumference, muscle mass and fat distribution, but also to detect asymmetric posture, for example. This, in turn, provides useful insights for physiotherapists. The advantage of this is that it allows us to objectively visualise developments over time, providing precise data which doctors and therapists can use as a starting point. The real medical work starts afterwards: assessing individual experiences and making observations during personal consultations. This approach is a corner stone of Modern Mayr Medicine, where we get a feel for the individual – quite literally. Manual abdominal treatment has always been one of the central elements of Mayr Medicine: palpating the abdomen not only has a therapeutic effect; it can also reveal information that no lab test might show. It is probably called 'gut feeling' for good reason.

Whilst figures tell us the facts, experience and intuition help us to understand what this information means. Therefore, measuring different types of data does not automatically mean you know more about yourself. As Head Physician Peter Gartner noted in the last ParkZeit issue: "You need to take the full measure of a person." It is therefore crucial to measure the right things – and to put them into a wider perspective.

FIVE THINGS NO WEARABLE CAN MEASURE

Some things can be measured.
Others need to be felt. Feel:

- ➡ whether something is right for you
- ➡ when you actually need to rest
- ➡ whether an activity is enjoyable for you
- ➡ whether you trust your body
- ➡ whether you are comfortable in your own skin.

EDITORIAL

Dear Park Igls Guests,



The starting point of a healthy life is usually a simple question: how am I really doing? And sometimes, that means undergoing a series of medical tests. However, as advanced as modern diagnostics may be, numbers alone never tell the whole story. We need to put them into a wider context to be able to see the full picture.

This ParkZeit issue is dedicated to exactly that – the full picture. We will explore the possibilities of modern medicine and elaborate on why precise assessments and individual approaches are two sides of the same coin. We will examine why blood test results are much more than just laboratory figures and discuss how heart health can be assessed long before first symptoms occur. Furthermore, we'll explain why cholesterol doesn't deserve a bad reputation.

Health doesn't just come from the lab or examination room; it is also reflected in how we move, how we perceive our bodies and whether we are able to listen to them. The Feldenkrais® Method, for example, reminds us that genuine change sometimes begins with something very simple: paying attention to oneself. Often, it is not effort, but ease, that makes the biggest difference.

At Park Igls Medical Spa Resort, we have always seen health as a combination of modern medicine, scientific curiosity and a holistic view of the individual. After all, the path to better health doesn't always begin with a major change, but by asking ourselves the right question.

Yours sincerely,

Andrea Gnägi
Managing Director

SEEING THE BIGGER PICTURE

Detox Medical Check

Our Detox Medical Check consists of a comprehensive analysis of all key physiological processes of the body and brings together modern diagnostics with medical expertise. Cardiovascular examinations, an extended blood lab including hormone levels, ultrasound scans, spirometry and other medical findings deliver a holistic picture of your overall health. If needed, we can consult with one of the renowned specialists from our extensive network of consultants for a more detailed assessment.



More about the
Detox Medical Check

Understanding Health

Modern medicine has undergone a paradigm shift in recent years. The days when rigid guidelines and standardised treatments were applied equally to every patient are coming to an end. The one-size-fits-all solution is becoming a thing of the past – and for good reason.

Our health can be measured with ever-greater precision. Modern laboratories analyse hundreds of parameters and new biomarkers are discovered on an almost monthly basis; and, with personalised medicine becoming more widespread, there is growing hope that diseases can be detected even earlier and treatments tailored more specifically to each individual. Personalised medicine is a step away from one-size-fits-all solutions, focusing instead on each individual's unique circumstances. After all, a treatment that is effective for one person may be completely unwarranted for another.

Every person has a unique metabolism, a unique genetic makeup and their own personal life story. In order to adapt to each individual's circumstances, diagnostics must be equally bespoke and customised. This individual approach has always been fundamental to our work at Park Igls Medical Spa Resort: no two people are the same, so no two treatment plans are the same. "Blood labs are our starting point; offering valuable insights into the health of the entire body," says Head Physician Dr Peter Gartner. "In combination with ultrasound, they give us a very accurate picture of each patient. While an ultrasound scan visualises the structure of the organs, blood tests show how they function. I always find that really fascinating."

Blood results certainly play a vital role in assessing health, as they provide insights into processes that are usually invisible to the naked eye. But while a standard health check-up serves as a good basis, it often only scratches the surface. A meaningful assessment of a patient's state of health requires more detailed information. Fundamental insights can be obtained from cholesterol levels (including assessment and interpretation by experts) and specific inflammatory markers such as high-sensitivity C-reactive protein (hs-CRP), alongside many others. "A chronically elevated hs-CRP level is an indication that there might be a problem in the blood vessels," explains Dr Gartner. This specific value allows him to take a closer look. "We rely on hs-CRP to

detect what we call 'silent inflammation' – i.e., emerging inflammation that is not yet causing symptoms, but plays a key role in developing atherosclerosis." Other essential factors are long-term blood sugar levels, which allow for early detection of diabetes, as well as key kidney and liver values which reflect central metabolic processes. However, not every set of data that can be measured actually provides genuine insight. As far as tumour markers are concerned, for example, Peter Gartner is cautious. "With the exception of PSA levels in men, these data can often cause more confusion than they are worth if there is no specific suspicion of an underlying problem."

GOOD TO KNOW

It's not about measuring everything; it's about measuring the right things.

- ➔ **Regular check-ups, including a full blood count**
- ➔ **Cholesterol levels**
- ➔ **Inflammation markers (C-reactive protein)**
- ➔ **Liver and kidney function tests**
- ➔ **Blood glucose (diabetes) and long-term blood glucose (HbA1c)**
- ➔ **Blood pressure, heart rate under stress**
- ➔ **Thyroid health levels**

Additional information

- ➔ **Electrolytes (sodium, potassium, calcium, magnesium)**
- ➔ **Vitamins (vitamin D, vitamin B9/folic acid, vitamin B12)**
- ➔ **Iron metabolism (ferritin, transferrin)**
- ➔ **Pancreas health levels**



Rethinking Vascular Health

Few medical terms are as feared and as widely misunderstood as cholesterol. But labelling cholesterol as simply 'bad' does not do justice to this complex substance.

“Cholesterol is essential. A severe cholesterol deficiency would make us susceptible to infection and could cause infertility and, in the worst case, dementia.”

Dr Peter Gartner

Cholesterol is a vital fat-like substance. "It's an essential component of our cell membranes and cell walls; as such, it is partly responsible for ensuring the structural integrity of all cells in the body," says Peter Gartner, Head Physician at Park Igls Medical Spa Resort. This may come as a surprise – and the story doesn't end here. "Cholesterol is also essential for the production of hormones and vitamin D; it's vital for bone density, and it allows our immune system and brain to function properly. Furthermore, it's important for the production of bile acids, which are indispensable for digesting fats." In short: cholesterol is actually great. And because it is so fundamental to the body, it's not primarily obtained from food; our liver produces 80 to 90 per cent of the body's required cholesterol. So why have we started scapegoating this elixir of life?

GOOD AND BAD

In the 1950s, medical research discovered that the dreaded vascular deposits known as plaques largely consist of cholesterol. They represent a significant risk factor for atherosclerosis, which can lead to heart attacks and strokes. From then on, the medical profession made a strict distinction between 'bad' LDL cholesterol, which transports fat to the periphery, and 'good' HDL cholesterol, which carries it away. The almost inevitable consequence was that LDL thresholds were progressively lowered. Yet despite the widespread use of cholesterol-lowering drugs, problems persisted; many patients suffered heart attacks or required bypass surgery despite having low LDL levels. Conversely, there were people with incredibly high cholesterol levels whose blood vessels were

completely elastic and clear. The development of vascular disease is therefore significantly more complex. Medical research has now discovered the missing piece of the puzzle, which goes by the somewhat unwieldy name of trimethylamine N-oxide, or TMAO for short.

TMAO is a naturally occurring messenger substance in the body that acts like a biological superglue: it literally glues the cholesterol circulating in the blood to the inner walls of the blood vessels. When TMAO levels are high, cholesterol is rapidly incorporated into the plaques, regardless of whether there is a high or low overall level of cholesterol in the blood. Now that this is known, we can begin to rewrite the story of cholesterol, as continuing to drive cholesterol levels even further down will not do the job. "Imagine that, during the summer months, more and more children start to drown in swimming pools, and the proposed solution is simply to lower the water level next year. It won't be nice for swimming, and children will still drown. Then they propose lowering the water level even further. But it's not the water that's harmful; it's the children's inability to swim," explains Peter Gartner quite graphically.

To get a grip on TMAO, we need to look at how it is formed. TMAO is produced in the liver when certain gut bacteria are fed excessive amounts of choline, L-carnitine or lecithin. These substances are primarily found in foods such as red meat, eggs or dairy products. The good news is that this process is reversible, and nature has provided us with some clever countermeasures. Dimethyl-butanol (DMB) is one such example, found in abundance in Mediterranean cuisine: in extra virgin olive oil, for example, high-quality balsamic vinegar or green vegetables. The Mediterranean diet has long been associated with a lower risk of cardiovascular disease, and we now have a scientific explanation for this. As an F.X. Mayr practitioner, Peter Gartner really appreciates this insight: "At last, we know why the much-lauded Mediterranean diet is so effective against atherosclerosis and, consequently, against heart attacks and strokes. And I'd like to think that even Franz Xaver Mayr wouldn't have turned down a nice salad with fine balsamic vinegar, fresh vegetables, golden olive oil and perhaps a glass of red wine to go with it." How does Gartner apply his knowledge about TMAO in his practice? "If the blood vessels are completely clear and free of significant deposits, I can avoid prescribing cholesterol-lowering medication and instead offer advice on dietary measures." Physical activity is useful, too.

Health can rarely be reduced to a single number from a lab test. Cholesterol remains an important part of risk assessment but is rarely the only culprit. So, the really important question is not how high our cholesterol level is, but what the body does with it.

Our Heart Thinks Ahead

A healthy human heart beats around 100,000 times a day, usually without us noticing. It works hard without demanding much attention. This makes it all the more important to check on our heart health regularly, as many changes in the cardiovascular system develop over years – long before they cause any symptoms. Good medicine means thinking ahead rather than treating problems after they have occurred.

When it comes to our heart, we need to think years ahead. Many changes in our cardiovascular system can develop while we still feel perfectly healthy. That is why foresight is essential in preventive medicine. Modern preventive medicine identifies risks, detects vascular changes at an early stage and helps us to age in good health. Listening to your heart before it has to make itself heard gives you the best chance of staying healthy for years to come. In this interview, Peter Gartner, Head Physician at Park Igls Medical Spa Resort, and Norbert Schauer, an internist and cardiologist, explain which tests are useful and why modern heart health takes a holistic view of each individual.



Cardiovascular diseases are still the number one cause of death in Austria. Yet it seems that heart health only becomes an issue once symptoms become apparent.

Peter Gartner: Unfortunately, this is very common in medicine – many people only see a doctor when something hurts or is no longer working properly. At Park Igls, we're very fortunate, as many guests come specifically for a comprehensive check-up. In everyday medical practice, however, we often find that people only take action when the house is already on fire.

Norbert Schauer: Today, there are excellent ways to identify risks long before symptoms occur. One example is the Prospective Cardiovascular Münster Study, one of the largest German long-term studies on cardiovascular diseases. Based on this research, we can calculate a score that assesses an individual's risk of experiencing a cardiovascular event within the next ten years. The two strongest – and, unfortunately, uncontrollable – factors are age and sex. Other risk factors include blood pressure, blood sugar and smoking. What's fascinating is that this score can be used to demonstrate quite clearly just how much the risk changes if you take targeted measures. If, for example, someone manages to lower their blood pressure, the effect becomes immediately apparent – an eye-opening moment for many: suddenly, prevention is no longer an abstract concept but has measurable effects.

Cardiovascular diseases are often regarded as a 'men's issue' – is that fair?

Norbert Schauer: Statistically speaking, men do indeed have a higher risk of cardiovascular disease and, on average, develop related conditions earlier. This is also reflected in the risk models we use – which, in turn, means that women often underestimate their own risk.

Peter Gartner: Hormones play an important role in women's cardiovascular health. Before menopause, oestrogen protects the cardiovascular system by keeping the blood vessels elastic, lowering blood pressure and having a beneficial effect on blood lipids. After menopause, however, the risk gradually becomes similar to that of men. At that point, heart health definitely becomes a women's issue, too.

“The carotid artery is a window into the vascular health of the entire body.”

Dr Norbert Schauer

Are there any warning signs we should look out for – even if we actually feel healthy?

Norbert Schauer: The problem is that the most important risk factors often go unnoticed for a long time. High blood pressure, early vascular changes or metabolic disorders usually do not cause any symptoms at first. Typical warning signs such as chest pain, shortness of breath or a feeling of pressure in the chest should, of course, always be taken seriously. However, when such symptoms occur, the problem is often already advanced. The real challenge in cardiology is therefore to detect changes before they cause any symptoms. An ultrasound scan of the carotid artery is particularly helpful in this regard.

Why is the carotid artery so important for the early detection of cardiovascular conditions?

Norbert Schauer: Because it gives us valuable insight into vascular health. The carotid artery lies directly under the skin and can be examined very precisely using high-resolution ultrasound. This allows us to detect changes in the inner wall of the artery at an early stage. Put simply: if the wall of the carotid artery shows changes, this might indicate that similar processes are also taking place in other arteries.

Peter Gartner: That is why carotid ultrasound is one of the most common screening tests we carry out at Park Igls. It is painless, non-invasive and has no side effects – and it provides very useful information.

Longevity has become a popular buzzword recently. Can we actually measure how 'young' our heart is?

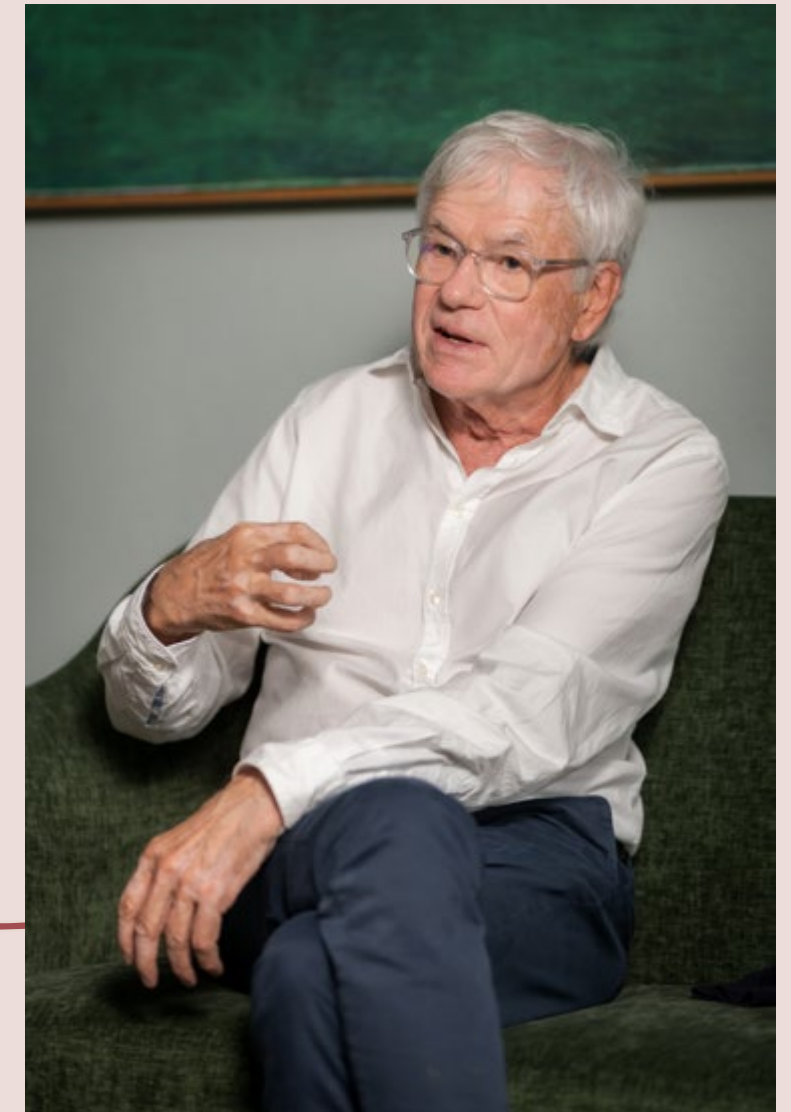
Peter Gartner: Yes, certainly. A classic example is an exercise stress test on a cycle ergometer. It allows us to observe how the heart reacts to increasing exertion. This provides valuable information about the cardiovascular system's performance and adaptability.

Norbert Schauer: The key is always a combination of different tests. An echocardiogram shows the heart's structure and pumping capacity, as well as the functioning of the heart valves; a stress ECG provides information about electrical activity during exertion; and a clinical examination completes the overall picture. Although we cannot see every single coronary artery directly, the combination of these findings allows a very reliable assessment of individual risk.

If someone has paid little attention to their health over the years, can their body recover at all?

Peter Gartner: Fortunately, yes. A good example is smoking. Studies show that, after five years without smoking, cardiovascular risk returns to a level similar to that of non-smokers. So it's never too late to make positive changes. Another example is high blood pressure. Many people with slightly elevated readings feel perfectly capable of carrying on with their daily lives, yet at the same time their heart constantly has to work against increased resistance. Over time, the heart muscle thickens, and eventually the system reaches its limits.

Norbert Schauer: We see similar processes in the blood vessels. Persistently high blood pressure puts strain on the vessel walls and triggers structural changes. This is precisely why early treatment of high blood pressure is so important – although the situation is more nuanced. Blood pressure is very dynamic. It changes within seconds, depending on movement, stress, emotions or tension. Many people are familiar with what is known as 'white coat syndrome': the medical examination itself causes blood pressure to rise. Sometimes, all you need to do is to sit still and breathe slowly for a few minutes. Blood pressure reacts surprisingly quickly to relaxation, which is why we never consider just a single parameter.



DR NORBERT SCHAUER

... is a consultant in internal medicine and cardiology and has his own practice in Innsbruck. He began his training at Innsbruck University Hospital before moving to a major cardiac centre in Wels in eastern Austria. When he returned to Innsbruck, he rejoined the hospital and eventually set up his own practice, where he specialises in prevention. Dr Schauer has been a consultant at Park Igls for over 25 years.

Peter Gartner: If we want to gain a more accurate picture, we use modern 24-hour monitoring. This allows us to see not only the daytime readings, but also whether blood pressure drops sufficiently at night. It is the night-time readings that provide particularly important insights.

Gut health plays a vital role at Park Igls. Is there a connection between the gut and the heart?

Peter Gartner: We now know that the systems in our body are much more interconnected than was long assumed. The gut-brain axis is one example of this – and it is now well studied. Furthermore, numerous research projects focus on the microbiome – our gut bacteria – and its influence on other organs such as the skin and kidneys. Initial findings suggest that metabolic by-products of certain gut bacteria may affect the heart and blood vessels. There are still many questions that need to be answered, but the findings are highly informative. One thing is certain: a healthy lifestyle never affects just a single organ. The concept of holistic medicine has therefore gained increasing scientific support in recent years.

“We thought we already knew everything about the body. But this is only the beginning.”

Dr Peter Gartner

The Art of Subtlety

Sometimes real change begins when we stop trying so hard.

We live in a world that is constantly focused on output. From an early age, we learn to perform, meet deadlines and push our limits – which takes its toll on the body. Moreover, many people spend most of their daily lives sitting, placing uneven strain on the body and not getting enough physical activity. And quite often, we lose our connection to our bodies – that subtle awareness of how we sit, stand, walk and breathe – and we often only notice things when something stops working properly. “Typically, we see shoulder and neck problems, hip issues or pain in the lower back and knees in our practice,” says Julia Kovacs, physiotherapist at Park Igls Medical Spa Resort. In most cases, these are not isolated issues but part of a chain reaction: “Over the years, many people develop habits, compensatory movements or protective postures that affect the whole body – a restricted hip can affect the back; a tense neck can affect the shoulders.” The body does not think in terms of individual regions – it functions as a whole. It is remarkably intelligent and often knows exactly what is good for it; it’s just that we often no longer listen. “Your intuition usually gives you a good idea about what to do; for example, rolling your shoulders when you’re tense,” says Kovacs. But once pain sets in, we lose confidence: we avoid certain movements and our range of movement narrows.

At the same time, physical activity and exercise are often associated with performance: more strength, more endurance, more efficiency. The logic behind this seems familiar: if you want to improve, you have to do more. Yet it is important to give the body and the nervous system the rest they need to regenerate. Julia Kovacs knows from her own experience that you can be strong and agile while also being soft and gentle. She is a passionate practitioner of taekwondo, a sport that involves precise control, set patterns and tactical precision. The physiotherapist draws inspiration not only from martial arts but also from Feldenkrais®. The work of a colleague left a lasting impression on her when she was first introduced to the method. “A therapist mobilised a seriously ill patient with remarkable ease. Through very simple movements and subtle prompts, she restored the person’s self-efficacy,” Kovacs recalls.

DISCOVERING EASE

At first glance, Feldenkrais® seems rather unremarkable. There are no strenuous exercises or spectacular positions; instead, there are slow, conscious movements, often while lying down, sometimes so subtle that they are barely visible to an observer. “Feldenkrais® is a learning method,” explains Max Stangl, Feldenkrais® therapist at Park Igls Medical Spa Resort. Unlike traditional forms of training, Feldenkrais® does not aim to build muscle or increase stamina. Rather, the method focuses on how to organise movement so that it becomes easier.

Max Stangl discovered Feldenkrais® through sport. The sports scientist had long focused on becoming faster, stronger and more efficient. At some point, he realised that he had reached his limit. Then he was injured. For his rehabilitation, he began with minimal movements, gradually working his way back into more physical activity. He was surprised at how quickly his body responded. “Sometimes, less is more,” says the therapist – a phrase that seems to be counterintuitive in this day and age. In fact, Feldenkrais® is not about performing movements as perfectly as possible; instead, the aim is to explore them. That’s why therapists usually don’t demonstrate the exercises – participants are encouraged to find their own solutions. “We create the framework within which someone can discover for themselves what is good and what works for them,” explains Stangl. Most of our movements are not purely mechanical; they are an expression of how we have learnt to relate to ourselves. Many of these patterns become invisible over time because they have become habitual. To illustrate this, Stangl asks us to imagine someone repeatedly pinching our arm over a long period of time. “At some point, this pain would seem completely normal. Only when it disappears do you realise just how pleasant life without it could be.” Feldenkrais® makes us aware of our habits – not by judging them as right or wrong, but by allowing us to experience alternatives.



Experienced practitioners such as Max Stangl teach the Feldenkrais® Method at Park Igls Medical Spa Resort.

MOSHÉ FELDENKRAIS (1904–1984)

... was an Israeli physicist, engineer and judo teacher. Following a severe knee injury, he began to focus on movement and body awareness. This led to the development of the Feldenkrais® Method. It helps people to become more aware of their movements, making them easier, more efficient and often pain-free. The concept is based on the premise that movement, perception, sensation and thoughts are closely intertwined. Through gentle, mindful movement exercises, we can recognise ingrained patterns and discover new possibilities – after all, the human brain remains capable of learning and adapting throughout life.



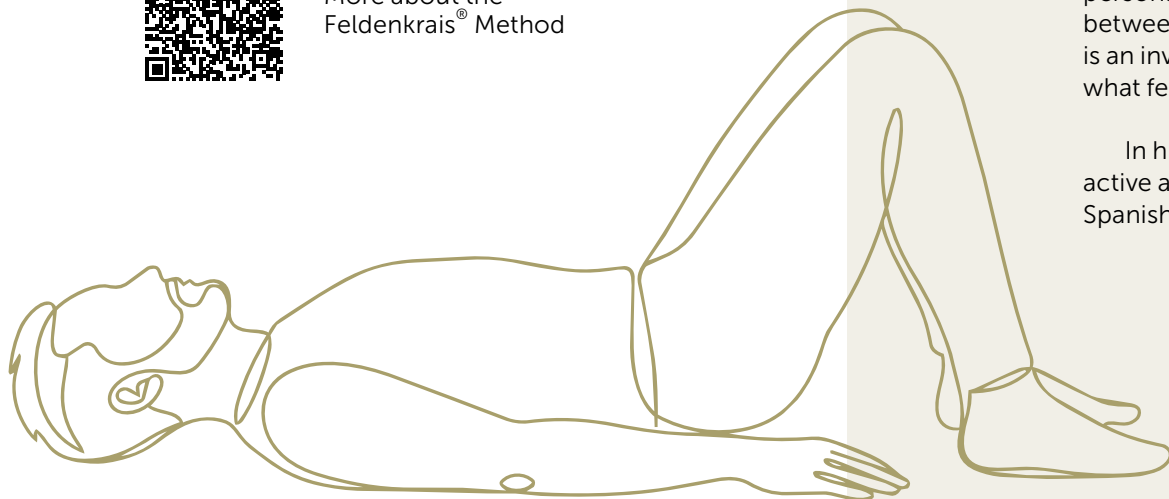
Julia Kovacs is a physiotherapist at Park Igls Medical Spa Resort and taekwondo expert.

Julia Kovacs also has first-hand experience with the Feldenkrais® Method. Simple movements showed her how restricted her thoracic spine was. It was not through strength, but through awareness, that she regained her mobility. Impressed by this experience, she found herself exploring the same questions in taekwondo as in Feldenkrais®: How does the movement feel? Where does precision come from? Why is less sometimes more? This hardly comes as a surprise given that the founder of the Method, Moshe Feldenkrais, was a martial arts practitioner – a judoka – himself.

Feldenkrais® trains awareness – an approach that fits perfectly with Modern Mayr Medicine at Park Igls. Just as mindful eating or conscious chewing sharpen our awareness of our own bodies, Feldenkrais® invites us to question habits and discover new possibilities. “It’s all about exploring options,” says Max Stangl. “If I only have one option, I’ll always choose the same one. As soon as several options are available, you gain freedom.” Consequently, a new awareness of the body often begins not with a major change, but with a small movement that suddenly becomes easier.



More about the Feldenkrais® Method



Helping People Make Decisions



Dr Georg Kettenhuber recently joined the medical team at Park Igls Medical Spa Resort. A native of Tyrol, he brings more than two decades’ experience as a Mayr practitioner and has now returned to his roots.

After completing his medical studies, Georg Kettenhuber went on to deepen his knowledge of tropical medicine, parasitology and community health. After several years working in East Africa, his journey brought him back to Austria and Switzerland, where he spent many years in renowned health centres, focusing on prevention, metabolic health and sustainable lifestyle changes.

It was lymphology that first led Kettenhuber to F. X. Mayr. In the course of his work, he repeatedly encountered a remarkable connection; even early specialist publications described the Mayr Cure as a useful complement to lymphological treatment. Kettenhuber studied these historical sources further and eventually discovered Modern Mayr Medicine. For him, the connection is logical: if you relieve strain on the body, support digestion and metabolism and give the body time to regenerate, you support the very processes that are crucial for a healthy balance in the body.

Prevention is at the heart of Georg Kettenhuber’s work. Many health problems develop over a period of years before they become noticeable, making it all the more important to identify changes at an early stage and to seek solutions together. What this requires most of all is time – time for conversations, careful diagnosis and the often crucial questions that look beyond the obvious symptoms. “I offer people options, and they decide for themselves what suits them best,” says Kettenhuber. This concept is one of the guiding principles of his work. Rather than seeing himself as someone who provides ready-made answers, he considers his role to be that of a guide who helps people find the path that is right for them.

In line with this approach, Kettenhuber has studied and applied the Feldenkrais® Method for many years. The concept does not rely on instructions and corrections, but rather on awareness and personal experience. Kettenhuber sees a fascinating parallel between Feldenkrais® and Modern Mayr Medicine: a stay at Park Igls is an invitation to explore new possibilities and decide for yourself what feels right.

In his private life, the 61-year-old enjoys being creative, staying active and spending time in nature. He knits, cycles, cooks, learns Spanish and spends time in the garden.

Enjoying Food Mindfully

Health is about small decisions.
Carmen Reichegger brings this concept,
along with her passion for natural nutrition,
to life at Park Igls Medical Spa Resort.

People from a wide range of disciplines work hand in hand at Park Igls Medical Spa Resort. Doctors, therapists, exercise and nutrition experts all share a common goal: to promote health holistically. Carmen Reichegger helps to ensure that this diversity extends to the kitchen. The chef specialises in plant-based nutrition and proves time and again that healthy eating can be truly enjoyable.

BRINGING PEOPLE TOGETHER

Carmen considers cooking to be much more than just a job. For her, food is about enjoyment, care and connection. "I love bringing people together through food," says the chef. This philosophy guides her work every day. After all, what ends up on the plate should not only taste good but also nourish body and soul. The Park Igls chef has a passion for plant-based nutrition, but she often encounters the misconception that vegan food is complicated or means making sacrifices. For Carmen, quite the opposite is true: she sees it as an opportunity to discover new ingredients, get creative and expand her repertoire. The key to success is high-quality ingredients, fresh herbs, spices and the joy of experimenting.

Natural ingredients play a central role in Carmen Reichegger's cooking. She prefers fruit or dates to refined sugar, and nutritious alternatives such as oats, buckwheat or millet to white flour. She particularly loves wild herbs, which she likes to describe as nature's little powerhouses: they not only add flavour to a dish but also provide valuable nutrients.

Carmen's connection to nature is also evident outside work. She spends many hours outdoors, collecting wild herbs and exploring ways to use them. She makes ointments and tinctures and finds new inspiration for the kitchen. What others might call a hobby reflects a fundamental philosophy: health often begins with simple things. For Carmen, it's not about perfection or strict rules; rather, she wants to encourage people to be more mindful of what they eat. She is convinced that even small changes can make a big difference. More fresh ingredients, fewer highly processed products, a little more colour on the plate and greater awareness of your own body are a good start, according to the chef. Knowledgeable, down-to-earth and passionate, Carmen Reichegger shows that healthy eating doesn't have to be complicated; above all, it should be enjoyable.

SMALL CHANGES, BIG IMPACT

Carmen's easy-to-follow tips to try at home

- ➡ Make it colourful: the more colours on the plate, the more nutrients.
- ➡ Keep it natural: wherever possible, choose fresh, unprocessed foods as your foundation.
- ➡ Use natural sweeteners: fruit or dates can often replace sugar while also providing additional nutrients.
- ➡ Try alternatives: oats, buckwheat, millet or wholemeal products add variety and nutritional value.
- ➡ Support gut health: fibre, herbs and fermented foods promote well-being.
- ➡ Use herbs: fresh herbs and wild herbs are nutrient-rich powerhouses and add plenty of flavour.
- ➡ Enjoy mindfully: food should be nourishing and enjoyable.

Bacalao in Spiced Stock with Golden Potato and Herb Purée and Fennel Topping

INGREDIENTS FOR 4 SERVINGS

Fish and spiced stock

- 600–800 g bacalao
- 2 carrots
- 1 parsley root
- 1 small piece of celeriac
- 1 leek
- 1 onion
- 2 garlic cloves
- 2 bay leaves
- 6–8 peppercorns
- 1 tsp salt
- Approx. 1.2 l water
- Optional: a splash of white wine

Potato and herb purée

- 400 g starchy potatoes
- 1 tsp turmeric
- Zest of one organic lemon
- 1–2 tbsp bright green herb-infused olive oil
- Finely chopped herbs (parsley, chives, chervil, tarragon)
- Salt and nutmeg
- Cooking liquid from the spiced stock
- Optional: (brown) butter

Fennel topping

- 1 fennel bulb
- Beetroot juice
- Apple cider vinegar
- Salt
- Optional: a drop of herb oil

PREPARATION

Spiced stock

Dice the carrots, parsley root and celeriac. Cut the leek into rings, halve the onion and crush the garlic. Put the chopped vegetables, bay leaves, peppercorns, salt and, if desired, white wine into a saucepan. Cover with water and heat gently.

Peel the potatoes for the purée, chop them into large chunks and add them to the stock from the start. Simmer gently for 20 to 25 minutes until the stock is fragrant and the potatoes are completely soft.

Fish

Cut the bacalao into large pieces and add them to the stock, which should be just below the boil. Cook for 8 to 12 minutes, making sure the stock does not boil. Remove the fish, remove any bones and flake it.

Potato and herb purée

Remove the potatoes from the stock. Mash them (using a potato ricer) with a little cooking liquid to make a creamy purée. Stir in the turmeric, lemon zest, herbs and herb-infused olive oil. Season to taste with salt and nutmeg.

Gently fold the flaked bacalao into the purée. The mixture should be smooth yet retain some texture, with herbs and visible strands of fish.

Serving

Place a serving ring on a plate, spoon in the mixture, press down gently and remove the ring. Emulsify the clear stock with a little herb oil and drizzle it around the moulded purée. Slice the fennel paper-thin, marinate briefly in beetroot juice and apple cider vinegar, and season lightly with salt. Arrange the fennel loosely around the purée or drape it elegantly against the side.



More recipes by
Head Chef Markus Sorg



For Your Health



Check out the programmes

Our team will advise and inform you personally and discreetly to help find the best health programme for you.
Phone +43 (0)512 377 305

TIME TO PAUSE

Easter at Park Igls

Activate your body's self-healing powers, find peace and strengthen your resilience.

Experience Holy Week as a restorative break for body and mind. Savour the mindfulness of the here and now.

21 – 28 March 2027

OUR MOST POPULAR PROGRAMME

Detox Intensive

Sustainable weight management based on the gold standard in Modern Mayr Medicine. You will significantly improve your health and gain new strength.

FIRST STAY

Detox Classic

Our streamlined therapy programme, featuring relaxing full-body massages, makes for a perfect introduction to Modern Mayr Medicine.

A BREAK FROM THE HUSTLE AND BUSTLE OF EVERYDAY LIFE

Detox Short Break

A short break to boost your wellbeing: a 4-night stay with soothing massages, beauty treatments and a health check.

POSTURE & MUSCULOSKELETAL SYSTEM

Physio Fit

Recommended for back pain, osteoarthritis, osteoporosis and painful muscle tension. Targeted treatment of pain syndromes.

HELP WITH EXHAUSTION

Fit not Fatigue

Regain your strength and tackle everyday life with new energy. This specialised therapeutic approach focuses on the mitochondria, as well as on identifying the substances responsible for fatigue.

MOBILITY & COORDINATION

Neuro Fit

This specialised therapy programme helps with strokes and degenerative diseases affecting the nervous system.

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 resilient to illnesses and infections.

BETTER THROUGH MENOPAUSE

Meno Chance

Embrace this new phase of life with energy, an open mind, self-confidence and the right kind of information – overcome challenges with coaching and a positive mindset.

HELP WITH SLEEP DISORDERS

Sleep Fit

Restful sleep should not be a luxury; it feeds into our quality of life and level of vitality. Diagnostics, mental coaching and relaxation-promoting therapies support you and your health.

ESCAPE THE HAMSTER WHEEL

De-Stress

Frequently booked as a preventative measure against burnout. We help you to discover and strengthen your personal resources to better manage stressful situations.

RESET 2027

A Mindful Start to the New Year

27 DECEMBER 2026 – 3 JANUARY 2027

The days between Christmas and New Year provide the perfect opportunity to pause, let go of the old, and enter the year ahead with renewed energy. At Park Igls, you will experience the turn of the year in harmony with Modern Mayr Medicine, creating space for a conscious reset, both physically and mentally.

Restorative treatments, outdoor activities in a magical winter landscape and inspiring moments of tranquillity will accompany you on your journey into a healthy new year. Enjoy New Year's Eve in a relaxed atmosphere – mindful, enjoyable and fully aligned with your personal health programme.

Treatments

- Initial examination – holistic health check (30 mins)
- 2 medical examinations – manual abdominal treatments (20 mins each)
- Final examination (30 mins)
- 3D body scan
- 5 full body massages (50 mins each)
- 2 exercise therapy/personal training sessions (25 mins each)
- 3 detox compresses with beeswax (25 mins each)
- Detoxifying algae wrap
- Basic services (Kneipp treatments, Modern Mayr Cuisine, group exercise sessions, mental coaching, and much more)

OUR SPECIAL PROGRAMME

- Relaxed New Year's Eve celebration featuring special culinary highlights of Modern Mayr Cuisine, individually tailored to your personal dietary level, with piano music, a cosy fireside atmosphere and a torch-lit winter walk.
- Enjoy a cinematic transmission of the Vienna Philharmonic's New Year concert
- Celebrate New Year's Day with a long walk
- Winter hike in nature

We are pleased to organise tickets for the New Year concert by the Tyrolean Symphony Orchestra Innsbruck on request.

1 WEEK (7 DAYS) EUR 2,663

Price excludes accommodation