

PARK ZEIT



Longevity – between evidence-based medicine and wellness trends



Commentary by Medical Director Dr Peter Gartner

The term *longevity* is not new – in fact, it is as old as the hills. It may come as a surprise that it appeared in medical and philosophical writings as early as the 17th century, derived from the Latin words *longus* (long) and *aevum* (lifespan). While terms such as *healthy ageing* or *better ageing* were still dominant just a few years ago, longevity is increasingly becoming the focus of research today. Longevity research aims not only to improve quality of life in old age, but also to try to influence the biological aging process.

Technology start-ups and research labs are focusing on cell rejuvenation, genetic interventions and novel pharmacological treatments. However, many of the fundamental mechanisms for healthy aging have been known for a long time and, most importantly, can be influenced directly. Dr F. X. Mayr recognised the central role digestion plays for overall health over a hundred years ago, making him a longevity pioneer in a way. Today, microbiome research confirms that a stable intestinal flora correlates with a strong immune system, reduced inflammation and optimised metabolic regulation – essential factors for longevity.

Modern Mayr Medicine, as practised at Park Igls Medical Spa Resort, combines these established principles with the latest findings from longevity research. Fasting and targeted diet management promote autophagy, the body's own recycling process for cell renewal. Regulating the acid-alkaline balance in the body can reduce inflammation-related cell stress, while targeted metabolic optimisation lowers the risk of age-related illnesses. An increasing number of scientific studies are currently being published in specialist journals on the connection between physical activity and a longer life. For us, too, physical activity is much more than just a supportive factor; it is a central pillar of Modern Mayr Medicine. Moderate exercise sessions tailored to the individual promote blood circulation,

regulate metabolism and contribute greatly to cellular health. The activation of mitochondria through targeted physical activity plays a key role in longevity medicine. We know from studies that physical activity done on a regular basis strengthens mitochondrial function, reduces oxidative stress and can slow down the ageing process at a cellular level. We therefore offer individually tailored exercise programmes at Park Igls Medical Spa Resort that include gentle mobilisation, functional training and regenerative movement techniques – always with the aim of promoting long-term health and vitality.

In addition, we use innovative methods such as intermittent hypoxia-hyperoxia training (IHHT). This is a technique that uses alternating oxygen conditions for training purposes. Studies suggest that IHHT regenerates mitochondria, the 'power plants of the cells', and thus optimises cellular energy production. Since dysfunctional mitochondria play a key role in the ageing process and degenerative diseases in humans, IHHT can serve as a key component of modern longevity medicine.

Longevity is more fashionable than ever, but many of the tried and tested approaches to healthy ageing are not just a modern-day phenomenon. Modern Mayr Medicine combines traditional knowledge with innovative methods, offering a well-founded strategy for promoting longevity.

Longevity is not a question of the latest technology, but primarily the result of conscious decisions made in the here and now.

COMPREHENSIVE PREVENTATIVE CARE

Detox Medical Check

They play a key role for longevity: annual medical check-ups. In one week, you will complete the most important preventive medical checks at Park Igls.



Check out the programme



EXERCISE

Time to go outside

Fresh, clean air, beautiful tree-shaded spots, a green oasis for relaxation, active regeneration and exercise: the park around Park Igls extends over an impressive 8,800 square metres and awakens the desire to be outside.

Eight thousand, eight hundred square metres – quite a remarkable number for a hotel park. If you were to take the legendary and, for many people, ‘sacred’ football pitch of the venerable Anfield Stadium in Liverpool and roll it out across Park Igls, it would fit 1.28 times. The park expansion offers guests even more space for rest, active regeneration and exercise. Some might remember last year when the first flowers in the newly designed park gave us an idea of how beautiful this space would, and now has, become.

Football is not part of the comprehensive activity and exercise programme offered at Park Igls, however. In addition to the pitching and putting green for a quick game of golf and the Kneipp water treading facility next to the natural pond, the spacious park now offers new opportunities for physical activity: a bocce court, horizontal bars for athletics exercises and high-intensity training, a tree trunk trail and a barefoot path for motor skills exercises, as well as a platform with fantastic views for yoga, stretching, Feldenkrais® or other activities.

It goes without saying that our exercise and sports team are making maximum use of the park for outdoor activities.

“Our guests have given us very positive feedback and the park expansion offers our guests and exercise team even more opportunities to train outside in the fresh air. The park has long been an integral part of our exercise programme,” says team leader Simone Huemer.

The activity and exercise programme at Park Igls is constantly evolving: fitness boxing, for example, has been on offer for a few months. “Fitness boxing is suitable for all intensity levels and is a very effective workout that requires no previous experience. I was quite surprised that boxing is so popular with our guests. We do our boxing sessions either in the panoramic gym or, weather permitting, outside in our beautiful natural park,” explains Simone. Who is fitness boxing for? “We actually have a lot of women trying fitness boxing. And some of the men have boxed in their younger years and are now donning the boxing gloves again.”

OUTDOOR EXERCISE

- ➔ Badminton
- ➔ Boccia
- ➔ Cardiovascular workout
- ➔ E-bike tours for beginner and advanced levels
- ➔ Jogging for beginners
- ➔ Morning and evening walk
- ➔ Morning workout in nature – walk & exercises outdoor
- ➔ Naturelectics = Nature + Athletics
- ➔ Nordic walking

GOLF TRAINING

- ➔ Chipping and putting on our on-site putting green
- ➔ Coordination and strength training for golfers
- ➔ Pre-shot & warm-up for golfers



EDITORIAL

Dear guests,



It gives me great pleasure to inform you that after receiving the Condé Nast Traveller's 2024 Readers' Choice Award for Best Destination Spa in Europe, our hotel has also won the 2025 Condé Nast Johansens Award for Excellence. We owe these renowned accolades to our entire team, whose passion and commitment are the cornerstone of our work.

As the saying goes: ‘If you want a lifetime of happiness, plant a garden.’ We have done just that for you over the years, and recently we’ve even done this literally. The expansion of our park is not just pleasing to the eye; it also offers many new spots for relaxation and inspiration. I am sure it will contribute to your health and well-being during your stay at Park Igls Medical Spa Resort.

This issue of our guest magazine brings the latest findings from the medical field as well as interesting insights from Modern Mayr Medicine to you. Let yourself be inspired and open up new ways to enhance your health, well-being and quality of life.

Have a relaxing and invigorating time with us. Stay healthy and enjoy your stay at Park Igls!

Yours sincerely,

A. Gnägi

Andrea Gnägi
Managing Director

Immune system led astray

Allergies are part of the daily lives of an increasing number of people. As with almost all processes in our body, the gut plays a role with all things to do with allergies, too.



DR DAVID WANNER
Consultant doctor at Park Igls, specialist in internal medicine and pneumology, Managing Director and Medical Director at the allergy outpatient clinic in Hall in Tirol.

“The Allergy Explorer allows us to test for 295 different allergens with just one blood sample.”

Dr David Wanner, consultant doctor

“It turns out that a healthy and diverse microbiome plays a key role in allergy prevention.”

Dr Peter Gartner, Medical Director

Allergies seem to have been on the rise for years. And this is not just a subjective observation, as Dr David Wanner confirms. A specialist in internal medicine and pneumologist, he is also Managing and Medical Director of the outpatient allergy clinic in the town of Hall, a stone's throw away from Park Igls Medical Spa Resort. Alongside the nearby Innsbruck University Hospital, the allergy clinic is the go-to place for the diagnosis and treatment of allergies and intolerances in western Austria. For six months, Dr Wanner has also served as a consultant at Park Igls. “The number of allergy sufferers is indeed increasing all the time. This is mainly due to changes in our environment,” concludes the expert. Changes to the climate mean that more and more plants are becoming native to central Europe that were previously found in completely different latitudes. In addition, the constantly growing variety of foods and the increasing number of processing techniques lead to more ingredients in food, which may result in a higher risk of allergies. Not every perceived

allergy is an actual allergy, however. “Working together with the allergy clinic is a true asset for our patients because a single blood test might answer all their questions and bring clarity,” explains Dr Peter Gartner, Medical Director at Park Igls Medical Spa Resort.

What is an allergy and how does it differ from a head cold or other conditions?

David Wanner: When viruses or bacteria enter the body from outside, an immune response is triggered in the body. If you have a cold, the body reacts to the intruder if it poses a danger. An allergy, on the other hand, is defined by our immune system reacting to external influences that normally pose no danger to us. An allergy is basically an overreaction or misled reaction of our body.

What does sensitisation mean in this context?

David Wanner: Sensitisation refers to the immune system reacting to an allergen by forming specific antibodies, but no symptoms have occurred. If, for example, we detect antibodies to dog hair in your body, this does not mean that you are allergic to dogs. Only when the body shows symptomatic responses does an allergy exist. In short: not every sensitisation leads to an allergy, but every allergy begins with sensitisation.

How can allergies be properly tested?

Peter Gartner: At Park Igls, we dedicate a lot of time to doing a comprehensive assessment of our guests' medical history. We consider this assessment one of the most valuable tools for almost everything. Allergies are usually one of the first issues people raise with us. However, their knowledge of allergies is often quite superficial, and they only have a vague feeling. As a result, they may have been avoiding certain foods for years, even though it hasn't been necessary. Sometimes certain complaints are not related to an allergy, but much rather to an idiosyncrasy, i.e. a type of hypersensitivity or compromised absorption by the intestinal mucosa, as is the case with lactose or fructose intolerance, for example. Most guests are therefore very grateful for the opportunity to be comprehensively and professionally tested at the allergy clinic.

David Wanner: We offer all common options for diagnosing allergies and intolerances at our allergy clinic; from the simple prick test, a skin test used to diagnose hay fever, for example, to molecular diagnostics, which can be used to test a range of highly specific allergens. We have recently set up our own Allergy Explorer in vitro test, which allows us to test for 295 different allergens directly on site. ALEX is the latest state-of-the-art diagnostics tool and can detect everything from inhaled allergies such as hay fever or animal hair to insect venoms and food. It allows us to determine allergies very precisely; it is possible to find out whether they are primary or secondary allergies, i.e. cross-allergies, and how pronounced and dangerous they actually are. It makes a real difference to patients whether a bee sting can trigger a life-threatening shock or if eating peanuts makes their mouth merely tingle a little.

Peter Gartner: The great thing for our patients is that only one blood sample is needed for a comprehensive test with the Allergy Explorer. And because the analysis is

GOOD TO KNOW

Conventional medicine relies almost exclusively on hypo- or desensitisation for allergies: the body is confronted with ever higher doses of an allergen in order to slowly get used to it.

Modern Mayr Medicine, on the other hand, strives to ‘rebalance’ the organism by strengthening the immune system in a way that it allows it to stand up to invaders. As around 70 per cent of the immune system is connected to the gut, intestinal cleansing is the best way to achieve this aim. Strengthening the intestinal tract and optimising the barrier function of the intestinal mucosa makes the immune system stronger throughout the body.

Reducing the variety of foods eaten and pre-digesting food in the mouth through careful chewing allows the intestinal microbiome to recover.

carried out directly at the allergy clinic, we usually have the results available within one day.

How does Park Igls support patients with allergies?

Peter Gartner: About 70 to 80 per cent of our body's immunocompetent cells are located in the intestinal mucosa of the small intestine. The microbiome plays a decisive role in the regulation of our immune system and is therefore closely linked to the development of allergies. This has now been confirmed in numerous scientific studies at national and international level. Our primary task at Park Igls is to support the intestinal health of our patients. Every stay at Park Igls is based on the Modern Mayr Cure, because whatever you do for your gut helps to support the entire immune system and allows the body to respond appropriately to external influences.

Can allergies generally be cured?

Peter Gartner: We can't cure allergies at Park Igls, but we can help patients to regain balance, alleviate symptoms and give them the tools they need to organise their everyday lives in the best possible way, even with their allergies. Our aim is not only to be there for our patients while they are staying with us, but to improve and enhance their lives in the long term.



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.



Check out the programme

Bye-bye, GERD: why heartburn sometimes becomes a long-term problem – and how to relieve it

Heartburn is one of the most common health conditions in Western countries. According to recent studies, between 10 and 20 per cent of the population in Europe regularly suffer from symptoms of gastroesophageal reflux disease (GERD). The fact that the number of sufferers is constantly increasing is particularly concerning. While medication often only alleviates the symptoms, it has been shown that targeted lifestyle changes can be effective in the long term.

If you occasionally suffer from heartburn after a heavy meal, you usually don't worry about it – and rightly so. However, if the burning sensation behind the breastbone, acidic belching or an unpleasant feeling of pressure in the upper abdomen occur more frequently, this may indicate chronic reflux disease. If left untreated, GERD can cause long-term damage to the oesophagus, including inflammation of the mucous membrane (reflux oesophagitis) and, in severe cases, cell changes that increase the risk of oesophageal cancer.

There are many causes of GERD. In addition to anatomical factors such as a weakened sphincter between the stomach and oesophagus, diet, stress and obesity also play an important role.

GERD AS A LIFESTYLE DISEASE: WHY CHINA HAS A LOWER AND GREECE HAS A HIGHER PREVALENCE

International comparative studies show large differences in the prevalence of GERD: while the condition is particularly common in Greece, for example, figures in China are significantly lower. This has to do with dietary habits, amongst other things:

- **China:** Traditionally, easily digestible, low-fat food is found on the table, usually steamed or boiled. In addition, Chinese people often eat early in the evening and drink green tea on a regular basis, which has an anti-inflammatory effect.
- **Greece:** Although the Mediterranean diet is generally healthy, regular consumption of fried foods, fatty cheese products, coffee and alcohol contributes to reflux disease being more common. Late, heavy evening meals also lead to a higher risk.

Another factor is body weight: the rate of obesity in Greece is higher than in China, which increases pressure on the stomach and promotes the reflux of gastric acid.

HOLISTIC APPROACH: HOW GERD CAN BE ALLEVIATED WITHOUT MEDICATION

Many patients (and doctors!) rely on what is known as PPIs (proton pump inhibitors) to treat heartburn, as these reduce the production of gastric acid. PPIs do not prevent reflux, however. In the long term, these drugs can have side effects, including impaired nutrient absorption and an increased risk of gastrointestinal infections.

"A more sustainable alternative is a holistic therapy approach that focuses on nutrition, eating behaviour and stress management and, above all, tackles the problem at the root, i.e. possible causes. Our De-Stress

programme is highly recommended for people with GERD," says Dr Richard Kogelnig, Deputy Medical Director at Park Igls.

Some tips and tricks:

- Conscious eating and small portions: chewing thoroughly and eating smaller meals reduces the production of gastric acid and relieves the digestive tract.
- Avoid acid-promoting foods: fatty, spicy and strongly flavoured foods, coffee, alcohol and citrus fruits promote reflux and should be reduced as much as possible.
- Eat an alkaline diet: vegetables, potatoes, oats and lean proteins are easy to digest and gentle on the stomach.
- Regular exercise: physical activity, especially gentle activity after eating, aids digestion and reduces the risk of reflux.
- Stress management: psychological stress can increase the production of gastric acid. Techniques such as meditation, breathing exercises or selected yoga poses can help.

MODERN MAYR CURE AS A THERAPEUTIC APPROACH

"Decades of experience show that Modern Mayr Medicine is a particularly effective method for treating GERD. The combination of colon cleansing, digestive system rehabilitation, personalised nutrition and manual abdominal treatments provides relief and support to the digestive system. Many patients report significant relief of their symptoms after a Mayr Cure," explains Dr Kogelnig.

An alkaline diet with easily digestible foods, conscious, slow eating including thorough chewing, specialised abdominal Mayr treatments to reduce pressure in the abdominal cavity and targeted measures to reduce stress and tension – all of which are cornerstones of the Modern Mayr Medicine therapy concept – can provide lasting relief.

Richard Kogelnig offers encouragement to patients: "The key message is that anyone who makes positive, lasting lifestyle changes can get rid of GERD in the long term. This can be achieved by all patients if they eat mindfully, reduce stress and choose the right foods!"

COMMON CAUSES OF GERD

- ③ **Dysfunction of the lower oesophageal sphincter**
If the lower muscle ring which is meant to close the oesophagus does not work properly, gastric contents will reflux.
- ③ **Overweight and obesity**
Visceral abdominal fat increases pressure in the abdomen and weakens the oesophageal sphincter.
- ③ **Unhealthy eating habits**
Eating too fast, too much, too often and too late and not chewing your food properly can cause GERD.
- ③ **Smoking**
Smoking weakens the lower oesophageal sphincter.
- ③ **Taking medication**
Painkillers, various blood pressure medications and sedatives can cause GERD.
- ③ **Diaphragmatic hernia**
Hiatal hernia, a diaphragmatic hernia caused by permanently increased pressure in the gastrointestinal tract, can promote reflux.
- ③ **Lack of exercise**
Physical activity aids digestion. Many people sit too much and do not get enough exercise.
- ③ **Stress**
Mental stress increases the production of gastric acid.

5 QUESTIONS FOR DR RICHARD KOGELNIG

① **Why is Modern Mayr Medicine so effective for GERD?**
Modern Mayr Medicine focuses on targeted relief of the digestive system through a light diet, conscious eating habits and gentle regeneration of the intestines. This holistic approach helps to combat the cause of the symptoms, rather than just suppressing them. This is particularly true for GERD, which is often triggered by unhealthy eating and stress.

② **How long does it usually take for an improvement to occur?**
Many patients report significant relief of their symptoms after just a few days. Lasting success comes after two to three weeks into a structured Mayr Cure at the latest. However, it is crucial that the principles learned are then continued in everyday life.

③ **What role does manual abdominal treatment play in treatment of GERD?**
Manual abdominal treatment is one of the centrepieces of Mayr Medicine. Gentle massages in the abdominal area stimulate digestion, release tension in the gastrointestinal tract and enhance blood circulation. This helps to activate the body's self-healing powers and reduce pressure on the stomach, which in turn has a positive effect on oesophageal reflux.

④ **Are there foods that are particularly good or bad for the stomach?**
Yes: we distinguish between acid-promoting and alkaline foods. Fatty, heavily spiced or highly processed foods, coffee, alcohol and sugar promote the production of gastric acid and should be reduced. Vegetables, potatoes, oats and herbal teas, on the other hand, have a soothing effect on the stomach. However, it is not only the choice of food that is important, but also how and when it is eaten.

⑤ **What are your top three tips for a healthy stomach?**
The golden rules of Modern Mayr Medicine are: firstly, eat consciously, slowly and mindfully, and chew thoroughly; secondly, have a light dinner and, above all, not too late; thirdly, reduce stress through regular physical activity, meditation or breathing exercises. People very often fail to see that stress is one of the biggest triggers of digestive problems!

You can do that with one of these weight-loss injections, right?

Losing weight with an injection – almost sounds too good to be true. What is the story behind drugs like Ozempic, Saxenda or Mounjaro, and what should you know about them?

"Forget about weight and get the body of your dreams in no time!" This is how GLP-1 receptor agonists are often advertised. But it's not that simple. These drugs were originally developed to treat diabetes by regulating insulin release, stabilising blood sugar levels and prolonging the feeling of satiety. They imitate glucagon-like peptide-1 (GLP-1), a natural hormone which automatically makes patients eat less – and lose weight as a result.

MEDICATION WITH SIDE EFFECTS

These injections are not harmless lifestyle products. Studies such as STEP-1 (semaglutide) or SURMOUNT-1 (tirzepatide) have shown that these drugs can lead to significant weight loss, but they often come with severe side effects, including nausea, vomiting and indigestion. In addition, there is a risk of weight returning after discontinuing the medication if no additional lifestyle changes are made.

LONG-TERM SOLUTIONS ARE CRUCIAL

"Sustainable weight loss requires more than an injection. In the long term, a healthy diet, regular exercise and a conscious lifestyle are key," explains Dr Peter Gartner. Nevertheless, the Medical Director at Park Igls recognises that these medications can be a useful addition for severely obese patients. In fact, current S3 guidelines for the prevention and treatment of obesity from the Association of the Scientific Medical Societies in Germany also recommend the use of GLP-1 receptor agonists as part of a comprehensive treatment concept for obesity.

ALTERNATIVE METHODS FOR LIFESTYLE CHANGE

These injections are currently not used or prescribed at Park Igls. "Sustainable lifestyle changes are possible without medication. At Park Igls, we use Modern Mayr Medicine to encourage healthy habits by focusing on dietary change, targeted exercise, education and additional offers such as acupuncture or hypno-acupuncture," says Dr Gartner.

THE RIGHT KIND OF DIET FOR GERD SUFFERERS

- high-fat foods (burgers, chips, fried foods)
- spicy foods and hot spices
- sugar bombs, soft drinks, lemonades
- alcohol, coffee
- citrus fruits
- roasted products
- garlic
- acidic salad dressings
- carbonated drinks

- oatmeal – perfect for a gentle start to the day
- potatoes and vegetables such as courgettes or carrots
- lean proteins such as fish and chicken
- plenty of still water or soothing herbal teas

Water, warmth, well-being – the expertise of our spa therapists

A highly qualified team of spa therapists is on hand at Park Igls to help you relax and improve your health. With their expertise and compassion, our experts offer much more than traditional spa treatments.

The Kneipp facility is the centrepiece of the Park Igls spa area. Many conversations and even friendships have originated there. Daily Kneipp hydrotherapy not only promotes health and wellbeing, improves circulation and is an integral part of Modern Mayr Medicine, but it also encourages communication and conversation.

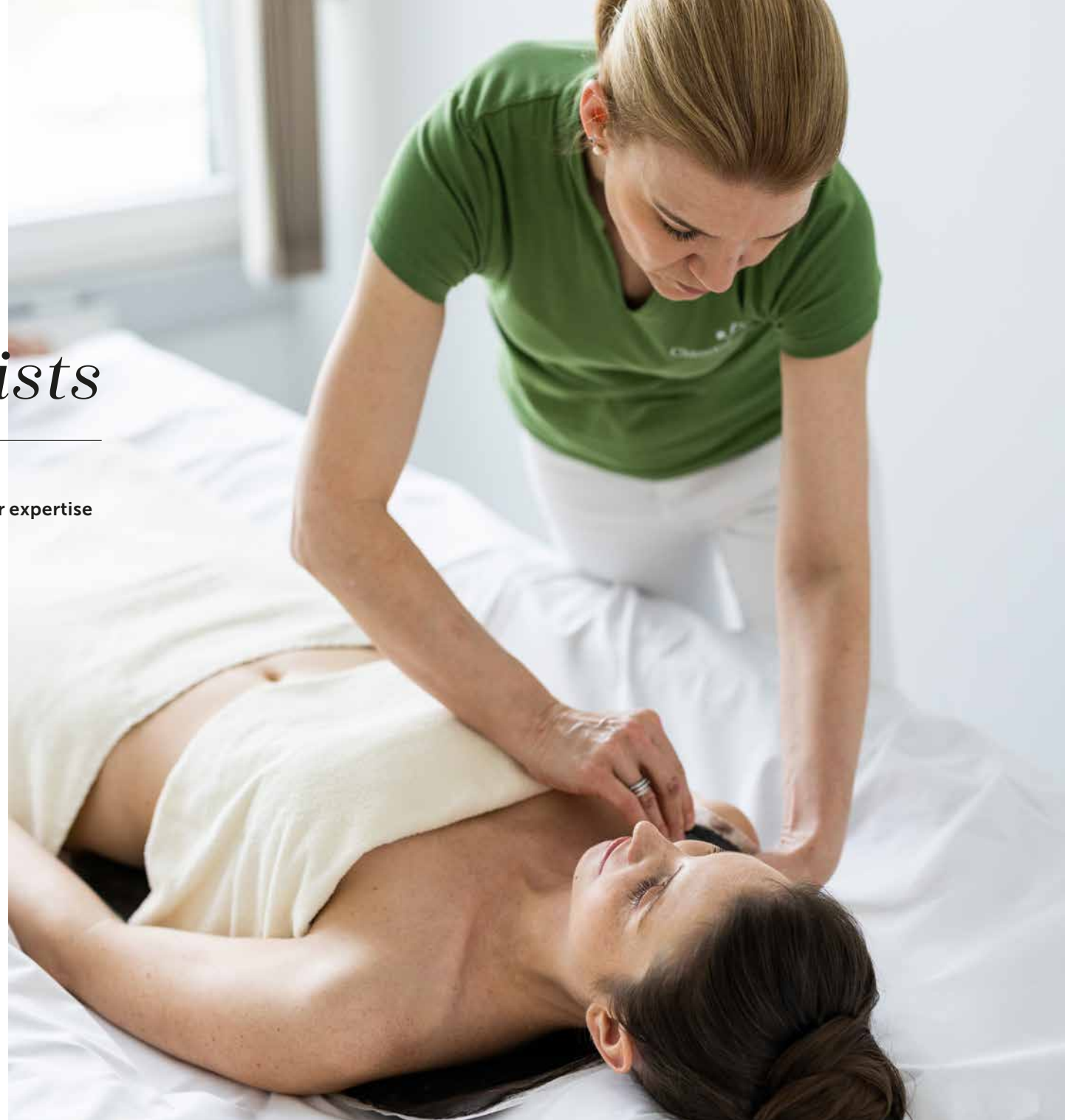
There is always time for a little small talk or even deep conversation during the three rounds that you are to complete in a 9-degree cold water basin. After all, Kneipp therapy connects people. There is a definite end to every deep or babbling conversation, however: the unforgiving ring of a small egg timer reminds you that you should lift your legs out of the 38-degree water you have been in now and make your way to the next round in the Kneipp pool.

SPA THERAPISTS WITH EXPERTISE AND COMPASSION

Every day, the highly trained spa staff welcome guests for this beneficial early or mid-morning treatment routine. The daily feel-good ritual is followed by some rest on the comfy relaxation loungers in the spa area. Even people with high stress levels will find peace and quiet in this pleasant atmosphere. Any doubts about the benefits of Kneipp and other treatments will have been dispelled by this point. Even though the spa area is particularly busy in the mornings, there is no room here for the hustle and bustle of everyday life.

The spa department team make sure of that. Every team member is highly skilled and comprehensively trained, with qualifications in hydrotherapy, balneotherapy, kinematics or Kneipp therapy in addition to their training as massage therapists, certified shiatsu therapists, beauticians or nurses.

“Seeing how much our guests benefit from the treatments, how they can let go, is what makes this work so enjoyable,” says team leader Daniela Maurer.



MEDICAL SPA

“Seeing how much our guests benefit from the treatments, how they can let go, is what makes this work so enjoyable.”

Daniela Maurer, team leader of The Spa



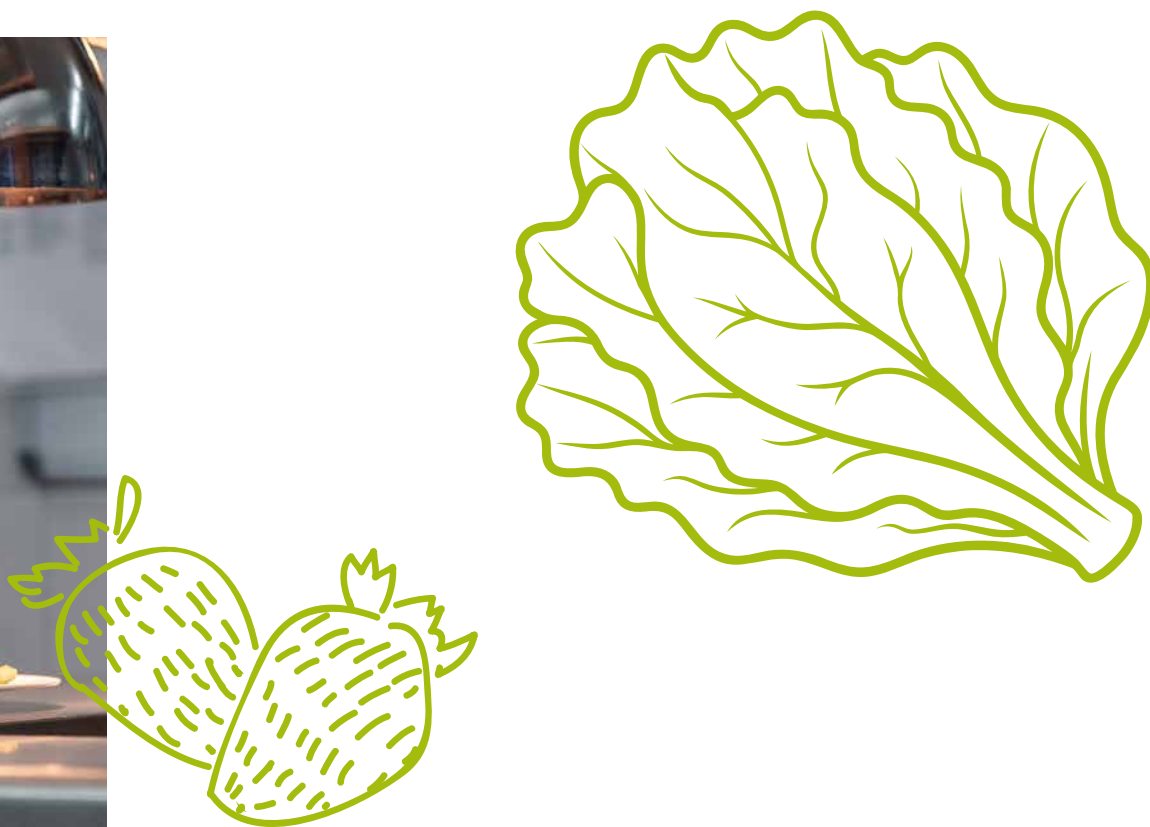
IN THE BEST OF HANDS WITH OUR EXPERIENCED SPA THERAPISTS AT PARK IGLS

- ⊕ Body wrap (skin-firming/anti-cellulite)
- ⊕ Cleopatra pack
- ⊕ Colon hydrotherapy
- ⊕ Curd cheese wrap
- ⊕ Detox compress with beeswax
- ⊕ Digestive herb wrap
- ⊕ Eucalyptus lower abdomen compress
- ⊕ Full body exfoliation
- ⊕ Heat pack (hay flowers or moor)
- ⊕ IHHT (cell training)
- ⊕ Inhalation
- ⊕ IP compression treatment (mechanical lymphatic drainage)
- ⊕ Kneipp therapy (arm, foot and seated contrast baths)
- ⊕ Lavender chest compress
- ⊕ Nourishing body pack
- ⊕ Roeder therapy with essential oils
- ⊕ Schiele foot bath
- ⊕ Terra-Vit full body wrap
- ⊕ Thalasso pack
- ⊕ Vein wrap



A powerful quartet

Why strawberries, asparagus, bitter leaves & wild garlic are fitness boosters on a plate



IT ALL COMES TOGETHER

Although strawberries, asparagus, bitter leaves and wild garlic come from different categories (fruit, vegetables, leaves and herbs), they still have a lot in common:

- Rich in antioxidants: secondary plant substances protect the cells and reduce oxidative stress.
- Stimulating digestion: bitter leaves stimulate gastric acid production, asparagus and wild garlic contain prebiotic fibre, and strawberries provide water-soluble fibres for a healthy intestinal flora.
- Detoxifying and metabolism-stimulating properties: asparagus has a diuretic effect, bitter leaves support the liver, wild garlic helps to cleanse the blood.
- Low in calories, high in nutrients: perfect for a balanced and light diet.

This quartet is true power food in Modern Mayr Cuisine. Fancy more tips and recipes from Markus Sorg? Leaf through the cookery book "F. X. Mayr for Gourmets" or simply enjoy them during your stay at Park Igls Medical Spa Resort.

Conversations with head chef Markus Sorg (preferably during his cooking show at Park Igls) are sure to be informative, educational and entertaining. For more than a decade and a half, he has looked into the nitty-gritty of diet and nutrition and healthy, alkaline-based gourmet food. Since day one, he and his team have developed and enhanced Modern Mayr Cuisine.

In spring, regional foods such as strawberries, asparagus, bitter leaves and wild garlic are a must on the chef's menu. Why this quartet? Markus Sorg fills us in.

STRAWBERRIES A SWEET ANTIOXIDANT BOOST

"Strawberries are more than just delicious summer fruit. They boast a high concentration of vitamin C, which supports the immune system and acts as a powerful antioxidant. Strawberries also contain polyphenols, which have an anti-inflammatory effect and slow down cell ageing."

Health benefits

- ⊕ **Vitamin C** (over 60mg/100g) – supports the immune system and promotes collagen formation
- ⊕ **Anthocyanins** – have an antioxidant and anti-inflammatory effect
- ⊕ **Folic acid** – essential for cell division, particularly important during pregnancy
- ⊕ **Fibre** – supports digestion and ensures long-lasting satiety
- ⊕ **Potassium & magnesium** – promote heart health

Dietary value

With roughly 32 kcal per 100 grammes, the strawberry is a low-calorie but nutrient-rich fruit that can be easily integrated into a balanced, healthy diet.

ASPARAGUS A LOW-CALORIE METABOLISM DRIVER

"Asparagus is considered one of the healthiest spring vegetables and is characterised by its diuretic effect. Its high water content (over 90%) and low calories make it ideal for a light meal."

Health benefits

- ⊕ **Aspartic acid** – has a diuretic effect and helps to detoxify the body
- ⊕ **Folic acid** – promotes cell regeneration and supports blood formation
- ⊕ **Vitamin K** – important for blood clotting and bone health
- ⊕ **Antioxidants (glutathione)** – protect against cell damage and promote liver function
- ⊕ **Fibre** – promotes digestion and provides lasting satiety

Dietary value

With only 20 kcal per 100 grammes, asparagus is an excellent choice for a calorie-conscious diet. It is particularly popular in detox diets due to its diuretic effect.

BITTER LEAVES A TURBO BOOSTER FOR DIGESTION AND METABOLISM

"Bitter leaves such as radicchio, chicory or endive contain important bitter substances that are often neglected in modern-day nutrition. They have a stimulating effect on the gastrointestinal tract and help to regulate blood sugar levels."

Health benefits

- ⊕ **Bitter substances (intybin, lactucin)** – stimulate digestion and support liver function
- ⊕ **Inulin** – a prebiotic fibre that strengthens the intestinal flora
- ⊕ **Vitamins A & C** – support immune defence and cell health
- ⊕ **Magnesium & potassium** – regulate water balance and have an antispasmodic effect
- ⊕ **Secondary plant substances** – have an antioxidant and anti-inflammatory effect

Dietary value

Bitter leaves contain only 15-20 kcal per 100 grammes and are therefore extremely low in calories, but rich in valuable nutrients that stimulate metabolism.

WILD GARLIC A MILD DETOX MIRACLE

"Wild garlic is one of our native herbs and is often referred to as the 'wild brother' of garlic. It has a similar antibacterial and vasoprotective effect, but without the intense smell, and is easier to digest."

Health benefits

- ⊕ **Sulphur compounds (allicin)** – have an antibacterial, antiviral and anti-inflammatory effect
- ⊕ **Vitamin C** – strengthens the immune system and promotes iron absorption
- ⊕ **Iron & magnesium** – support blood formation and muscle function
- ⊕ **Chlorophyll** – has detoxifying properties and promotes blood purification
- ⊕ **Glucosinolates** – strengthen the immune system and promote digestion

Dietary value

With around 40 kcal per 100 grammes, wild garlic is a nutrient-rich but low-calorie wild herb that is wonderful to incorporate into a healthy diet.

Recipes

WHITE ASPARAGUS AND FENNEL SOUP WITH STRAWBERRIES AND GREEN PEPPER

INGREDIENTS

400g white asparagus, 1 fennel bulb, 2 tablespoons olive oil, 2cl Pernod, salt, nutmeg (ground) and green pepper, 850ml vegetable broth, 200ml coconut milk, 1 lime (zest and juice), 120g fresh strawberries

PREPARATION

Wash the asparagus and fennel and cut them into small pieces without peeling them. Heat the olive oil in a large pot and roast the asparagus and fennel. As soon as the vegetables have taken on a little colour, deglaze with Pernod. Season to taste with salt, pepper and nutmeg and add the vegetable broth. Bring to the boil, cover and simmer over a medium heat for about 20 minutes until the vegetables are soft. Puree the soup in a blender, then pass through a fine sieve until it is nice and creamy. Stir in the coconut milk and flavour with lime juice. Wash the strawberries and cut them into fine cubes to garnish the soup.

TIP

Use a hand-held blender to briefly froth up the soup before serving. Garnish with a little wild garlic oil to take this Modern Mayr Cuisine soup to a whole new level!



Order our cookery book online

WILD GARLIC PESTO WITH PECORINO CHEESE

INGREDIENTS

100g wild garlic, 50g pine nuts, 50g pecorino cheese (grated), 1 fermented garlic clove, 150ml olive oil, salt and pepper to taste

PREPARATION

Wash the wild garlic, pat it dry and chop. Gently toast the pine nuts in a dry pan until they are golden brown and leave them to cool. Put the chopped wild garlic, toasted pine nuts, grated pecorino cheese and garlic clove in a blender or food processor. While blending, slowly add olive oil until the mix takes on the desired texture. Season with salt and pepper.

TIP

This pesto is delicious with pasta, mediterranean vegetable dishes, fish, meat or baked potatoes. It also goes nicely with mixed bitter leaf salad with grapefruit wedges, mushrooms and wild herbs.

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