

## **F.X. Mayr A-Training Course 5<sup>th</sup>- 18<sup>th</sup> of June 2022**

**Location: Gesundheitshotel Spanberger**

**Dr. Sepp Fegerl, Dr. Sepp B. Fegerl**

**Sunday 17:00:**

- Welcome and guided tour through the hotel
- 17:30 Initial medical and nutritional assessment including checking for food intolerances and recommending the optimal personal diet during the course
- 19:00 Welcome and introduction
- Details about the organisation of the course and practical procedures during the FX Mayr regime

**Monday 9.00 – 12.30 and 16.00 - 18.00**

- Overview of the F.X.Mayr Medicine
- Diagnostics according to F.X.Mayr at a glance
- Practical diagnostics of each course participant in the afternoon

**Tuesday 9.00 – 12.30 and 16.00 - 18.00**

- Overview of possible responses to the cleansing process, sharing of first individual experiences
- Development of intestinal auto-intoxication – enteropathy; enteropathy-syndrome acc. to FX Mayr, irritable bowel syndrome, leaky gut syndrome (overview)
- The abdominal treatment as diagnostic and therapeutic tool

**Wednesday 9.00 – 12.30**

- The classical principles of the F.X.Mayr regime: giving a rest, cleansing, training and expanded through Mayr Prevent<sup>®</sup> principle of substitution
- Case studies
- Details of diagnostics according to FX Mayr

**Thursday 9.00 – 12.30 and 16.00 - 18.00**

- Responses to the cleansing process, the crisis during the cure and treatment thereof
- Substitution basics
- Details of the diagnostics

**Friday 9.00 – 12.30 and 16.00 - 18.00**

- Model of tone
- First consultation of patients starting the Mayr regime including relevant aspects of the case history
- Treatment plan outpatients and inpatients

**Saturday 9.00 – 12.30**

- Mayr regime for vital, for "Dystrophics", for patients with psychosomatic priorities in the Mayr Medicine - outpatient and stationary
- Case studies
- Mayr Medicine as a modern holistic medicine

**Monday** 9.00 – 12.30 and 16.00 - 18.00

- Dietetics
- Digestive physiology, fasting physiology

**Tuesday** 9.00 – 12.30 and 16.00 - 18.00

- Dietetics
- Indications and contra indications
- Lectures for patients and concomitant information during the Mayr cure

**Wednesday** 9.00 – 12.30

- Influence of the digestive tract on the musculoskeletal system, case studies
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- Brief introduction to humoral diagnostics

**Thursday** 9.00 – 12.30 and 16.00 - 18.00

- Regime after the Mayr cure, recall, follow-ups, repetition of the Mayr cure
- FX Mayr principles for lifestyle improvement in everyday life, case studies
- Integration of diagnosis and therapy according to FX Mayr in the (specialist) doctor's office, synergies with other forms of therapy

**Friday** 9.00 – 12.30

- Final discussion of “the time after”, further substitution, recovery
- Feed-back

**Changing the order of contents is reserved!**

**Schedule of the course at a glance:**

<b>Day</b>	<b>morning</b>	<b>afternoon</b>
05.06.		17:00 – 20:00
06.06.	09:00 – 12:30	16:00 – 18:00
07.06.	09:00 – 12:30	16:00 – 18:00
08.06.	09:00 – 12:30	-
09.06.	09:00 – 12:30	16:00 – 18:00
10.06.	09:00 – 12:30	16:00 – 18:00
11.06.	09:00 – 12:30	-
12.06.	-	-
13.06.	09:00 – 12:30	16:00 – 18:00
14.06.	09:00 – 12:30	16:00 – 18:00
15.06.	09:00 – 12:30	-
16.06.	09:00 – 12:30	16:00 – 18:00
17.06.	09:00 – 12:30	
18.06.	departure	

66 hours training time: 44 hours of theory and 22 hours of practice