

# MY MAYR MED

Dear guests,

You have decided to do something for your health and stay at MY MAYR MED Resort agreed. A good investment in your future! To offer you maximum benefit, we will give you some information about your stay below:

1. **3 to 4 days before the start of the treatment**, please take a few minutes and formulate your goals: **“What do I want to achieve through the treatment?”** Less weight? More energy? Whatever, it depends on your personal goals. Please be realistic and honest with yourself. If you would like, please take this note with you to the intake examination.

2. To successfully detoxify your body, it makes sense to start using one at home to support intestinal activity. For this you need **“bitter water”**, which you very much you can easily prepare it yourself: dissolve 1 level teaspoon of Epsom salt (Magnesium sulfate available as a powder in every pharmacy) in 250 ml of lukewarm water. Please stick to the recommended amount, as Epsom salt in higher dosages can irritate the mucous membrane of the intestine.

You can also make the bitter water the evening before with a small amount of water prepare and then top up to 250 ml of water in the morning. It is taken immediately after stand up. If you are taking thyroid hormones, take them first thing in the morning the bitter water about two hours later. In principle, the contraceptive pill should only be taken in the evening be taken.

3. **Relieve your intestines**, which normally have to do hard work every day, and do without

In the last few days before the My Mayr fasting treatment, you should eat the following foods:

- Alcohol
- Raw vegetables
- Sugar
- Coarse whole grains
- difficult to digest food (high fat content)
- Fresh milk
- Bean coffee
- Wheat

4. Water is an elementary food for our organism. Therefore, pay attention to one **Water intake of 2 to 3 liters** to support the detoxification process. Distribute them drinking amount for the entire day.

5. To further support your **body's detoxification**, start after every morning before standing up with a **light massage** of the soles of your feet and toes. Then do it lightly pressing, stroking hand movements up the leg. Same with the hands: massage the palm lightly and then gently stroke it pressing movements along the arm towards the shoulder. How to activate lymphatic flow in your body. Lymph plays a crucial role in detoxifying your body.

6. Before you shower, start with “**dry brushing**”. To do this, take a brush and start with the right side and then continue with the left side, legs first and then the arms, always towards the heart. Please do not apply a lot of pressure when brushing, as this will... The upper layer of the skin should not be injured. This is followed by a warm shower, but not too hot.

7. Please pay attention to your day/night rhythm. Get **enough sleep** (7 to 8 hours), and it's best to go to sleep before 11 p.m. This allows the body to feel good overnight regenerate. Start your day with a 5 to 10 minute **morning exercise**.

8. Look forward to the time when you can take more care of yourself and your health again take care and praise yourself for finally freeing up time for it. The body is one fascinating miracle. Now you have the time to take loving care of him, everything to let go of stressful things and **recharge your batteries**.

9. Think about sports clothing and sports shoes so that you can exercise.

10. Please bring your current **medication schedule** and current medical reports/specialist reports for the admission examination.

We look forward to welcoming you soon to the MY MAYR MED RESORT and wish you a warm welcome. Have a pleasant journey and a successful stay!

**Your MY MAYR MED TEAM**