



Health Through Inner Body Cleansing: The Famous F. X. Mayr Intestinal Therapy from Europe

Erich Rauch

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Revitalize the dietary system Discover the secret of health and vitality. By following the F. X. Mayr method, patients can rejuvenate their dietary system and eliminate a whole host of ailments - from aches and pains, to depression, fatigue, and serious cardiac disorders. At the same time, they can reduce weight, improve their skin, and boost their sense of well-being. A simple, natural method The Mayr program - developed by Austrian physician Dr. Franz Xaver Mayr (1875-1965) - is an intensive regime lasting several weeks. It includes therapeutic fasts to rest the digestive tract, and it features a special diet to train proper mastication. This diet program is complemented with abdominal massage, hydrotherapy, and exercise. The definitive guide The author Dr. Erich Rauch was personal student to Dr. F.X. Mayr. Over decades he supervised more than 40,000 Mayr therapies. His in-depth guide is the leading authority on the F. X. Mayr method. It tells the patients everything they need to know, providing effective support for each stage of a successful therapy. Highlights: - Cures or improves a range of physical and psychological ailments - Cleans, detoxifies, deacidifies the body and purifies the blood - Reduces weight - Rejuvenates the entire appearance - Intensifies vitality and well-being

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