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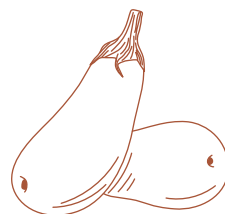
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Balance begins in the stomach

We feel most at ease when all areas of life are in balance. We have to perform at work and also want to enjoy leisure and relaxation. We need to take time to nurture our relationships and time for ourselves. The same goes for the body. Physical equilibrium is a prerequisite for lasting good health and for quality of life.

Our organism is equipped with a whole series of compensatory mechanisms in order to maintain this balance. In the long term, however, these are unable to cope with stress and over-exertion during our everyday routine, neglectful eating habits and the excess consumption of acidic foods and treats. Preservation of health thus increasingly becomes a balancing act. But there is some good news. Our lifestyle can make us prone to sickness, but we can also avoid illnesses if we shape it in the right way. The VIVAMAYR Health Concept has been developed to provide you with active and sustainable support in this regard.

In order to grasp the significance of nutrition for our health, simply consider the fact that each one of us consumes three or more meals every single day. If we extrapolate this over an entire lifetime, then it soon becomes apparent that our eating habits are more powerful than we think. The Austrian doctor Franz Xaver Mayr was quick to recognise the health-enhancing potential of nutrition combined with digestion. The research he carried out laid the foundations for the dietary treatment of a whole range of disorders. The VIVAMAYR Medical Health Resort has continued to develop his methods and has created a modern form of Mayr Medicine by adding functional myodiagnosics. Treatment is also supplemented by orthomolecular medicine. The VIVAMAYR Health Concept translates these findings and experiences which have been gleaned over a period of many years into practical preventative measures which can benefit us in our everyday lives.

“Strengthening the immune system is at the very heart of the VIVAMAYR medical approach. Healthy nutrition is the most important preventative factor.”

Professor Harald Stossier

“Our immune system is like a police force, ambulance service and fire brigade all rolled into one. The fewer secondary sites it is required to attend, the better it will be able to take care of our health.”

Dr. Maximilian Schubert



Healthy digestion creates a strong immune system

Our immune system is trained to protect our body against viruses, bacteria, fungi and illness. 80 percent of the immune system connects with the digestive tract, which accordingly also has a major role to play. If we are to extract nutrients and vitamins from the food we eat and ensure that our defences are equipped with all the necessary weapons, then it is vital that our digestive system is working well. Its effectiveness will diminish if we overload it with ongoing stress or a surfeit of food and if we eat at the wrong times. This will also decrease the ability of our immune system to tackle intruders such as viruses. The strain caused by incompatible foods can also damage our intestinal mucosa and trigger inflammations. This means in turn that im-

portant micro nutrients such as Vitamins A, C and E are used up in greater quantities. The ability of the immune system to serve the rest of our body is restricted if it is constantly engaged in damage limitation. The issue of whether we stay healthy or become ill ultimately depends on how strong our own immune system is. We cannot influence the power of a virus, but we can definitely take action to improve our body's defences. On the next few pages, you will find out how to provide the best possible support to your immune system by following an alkaline diet which is rich in micro nutrients, by improving your food habits, by paying attention to physiological rhythms, by eating slowly and by chewing everything thoroughly.

A lifestyle rather than a diet!

Whereas diets and detox programmes focus exclusively on the choice, omission and combination of certain foods, VIVAMAYR pursues a holistic approach which also integrates individual digestive capacity. What we eat is not the only crucial thing. Another key factor is the way in which our digestive apparatus deals with this food intake. The question is whether it is able to make the best possible use of all nutrients. Alongside food quality and personal intolerances, close attention is paid to achieving a balanced relationship between acidic and alkaline

foodstuffs and to digestive performance within the rhythm of the day.

Mayr treatments which are supervised by a physician will consciously focus on a monotonous food selection in order to nurse the digestive apparatus. By way of contrast, the everyday emphasis is on diversity and variety. You can ensure that your organism receives all the important nutrients it needs by adopting a healthy mixed diet which comprises plenty of vegetables, whole carbohydrates, protein and high-quality fats (p. 30 ff.).



The acid-base balance

Our organisms need alkalis and acids in order to achieve healthy digestion and effective detoxification processes. Both are absorbed via food and drink, whilst the body is also able to produce acids itself. The ratio between acid and alkali is expressed in the form of a pH value. Our bodies impose strict controls on this so-called acid-base balance in order to maintain constant pH values in individual areas and to avoid any over-acidification. Stress, toxins from the environment, an excess of acidic foodstuffs and irregular and late mealtimes which inhibit digestion will, however, all cause the acid load to rise constantly. An acid load which is too high will exert a negative impact on our metabolism. Such a circumstance will, however, also increase vulnerability to allergies and modern lifestyle diseases.

An acid metabolism does not develop overnight and, by the same token, there is also no short cut back to a good acid-base balance. The most certain pathway is a balanced diet which includes alkaline and acidic foods in a ratio of 2:1. For this reason, alkaline vegetables will always play the main role in the recipes presented in the following chapters.

How to make this book a lifelong companion

Fresh seasonal vegetables are the stars of VIVAMAYR cooking. In order to provide you with proper guidance, the recipe chapter starting on p. 50 presents them in accordance with the most important categories. The symbols used (see below) enable vegan and vegetarian dishes to be identified at a glance. They also highlight recipes which are easy to prepare, even for those with little experience of cooking. Special “free from” icons provide a clear labelling system which saves you the trouble of looking through lists of ingredients to check for allergens such as lactose and gluten.

Turn to the VIVAMAYR Cookery School on p. 26 ff. to discover all you need to know about dealing with oils, fats, herbs and spices. It






presents detailed information on the art of using oils and fats (p. 30 ff.) and on the art of using herbs and spices (p. 34 ff.) alongside basic recipes for mixtures, sauces, doughs and toppings.

A summary of alternative products, which can also be used to prepare the dishes equally well, is provided on p. 42. This will enable you to use all of the recipes regardless of seasonal availability.





Standard utensils which can be found in any home kitchen are perfectly adequate in order to prepare the food described. For those wishing to upgrade their equipment, p. 29 showcases a number of practical professional devices and appliances which are used in the professional kitchens at the VIVAMAYR Medical Health Resort.

Labelling of the recipes

Identifying symbols have been placed against all dishes so that you can tell at a glance which recipes are suitable for which food intolerances.

-  F: Fructose intolerance
-  G: Gluten intolerance
-  H: Histamine intolerance
-  L: Lactose intolerance
-  C: Candida 1

Recipes containing no dairy produce and vegetarian and vegan recipes are marked ndp, vegetarian and vegan respectively.

-  shows the amount of work involved.
-  Beginners
-  Intermediate
-  Challenging

Fillet steak with fennel and green beans

4 persons

Ingredients

500 g small waxy potatoes
Rock salt
4 fennel bulbs
Ghee for frying
1 squeeze of lemon juice
4 120 g entrecôte steaks
Fermented pepper
Buckwheat flour to coat and thicken
Approx. 500 ml beef soup
1 tbsp balsamic vinegar
1 tbsp Dijon mustard
Fresh marjoram
500 g green beans
Savory
Flax seed oil to season and finish
1 tbsp butter

Preparation

Cook the potatoes in salted water for around 20 minutes. Test by pricking with a fork. The potatoes should slide off easily. Allow to cool, then peel.

Whilst the potatoes are cooking, pluck the green from one fennel bulb and set aside. Remove the green from the other bulbs. Halve all the bulbs lengthways, cut out the stalks in a wedge shape. Cut 1 fennel bulb into larger chunks, 1 into very fine rings and 2 into small pieces.

Heat 2 tbsp ghee in a pan. Brown the fennel cut into larger chunks over a high heat for 4 minutes. Season with lemon juice and a little rock salt.

Wash the meat and pat dry. Beat out, make several cuts around the edges and brush with a little ghee. Season with rock salt and fermented pepper. Coat on both sides in buckwheat flour and sear with ghee in a hot pan for a total of 3 to 4 minutes until done to your liking. Remove from the pan, wrap in aluminium foil and keep warm.

Fry the fennel cut into fine rings in the cooking juices and a little ghee until golden brown. Take out and drain on kitchen paper.

To make the sauce, lightly fry the diced fennel in the cooking fat. Deglaze with soup, stir in balsamic vinegar, mustard and marjoram and season with rock salt and fermented pepper. Mix, and thicken using a little buckwheat flour. Heat through before serving if necessary. Cut up the beans and fry gently in a little ghee.

Pour in water, put a lid on the pan and braise the beans for 6 to 10 minutes until still firm to the bite. Season with rock salt and savory, finish with flax seed oil.

Whilst the beans are cooking, heat up a little ghee in a pan. Fry the potatoes on all sides until golden brown. Add butter, season with rock salt.

Arrange the meat on plates, pour over the sauce and place fennel rings on top. Arrange the potatoes, fennel chunks and beans alongside. Sprinkle with fennel green.



Tip

The dish can also be finished with sour cream.



Carrot breakfast bowl

2 persons

Ingredients

200 g carrots
Rock salt
100 g skyr
1 apple
Coconut fat for frying
2 tbsp chopped almonds
2 tsp raisins
2 tbsp honey
150 g cooked quinoa
2 tbsp walnut oil
Cinnamon

Preparation

Peel and cut up the carrots and cook until soft in salted water or a steamer, purée. Stir the skyr until smooth. Cut up the apples without peeling them and brown in coconut fat in a pan. Add the almonds, raisins and honey and roast for a few minutes. Put in the quinoa just before the end and dress as shown in the picture. Finish with walnut oil, scatter with cinnamon.



vegetarian





Lentil Bolognese with courgette pappardelle

4 Personen

Ingredients

250 g black lentils
250 g red lentils

Mirepoix

100 g carrots
100 g fennel
100 g celeriac
Approx. 2 cm fresh ginger
High-oleic olive oil for frying
1 tsp tomato purée
Oregano, marjoram and thyme according to taste
Rock salt mix (p. 44)
Fermented pepper
Approx. ½ tbsp ground cumin
Approx. 150 ml tomato passata
400 ml vegetable stock (p. 48)
Chopped mixed herbs
2-3 tsp freshly squeezed lemon juice
1 handful mini tomatoes
1 green and 1 yellow courgette

Preparation

Soak the black lentils in water overnight. The red lentils will need to soften for about 10 minutes in lukewarm water.

Finely chop the carrots, fennel and celery with a slicer or in a food processor. Grate the ginger. Brown the vegetables in 2 tbsp olive oil. Add the tomato purée, ginger, herbs, spices and continue to brown lightly. Pour in the tomato passata and vegetable stock, simmer gently for 10 minutes.

Put in the black lentils and continue to simmer for 15 minutes. Fold in the red lentils for the final 3-4 minutes (do not allow to boil dry). Finish with fresh herbs, season with lemon juice.

Whilst the lentil Bolognese is cooking, braise the mini tomatoes in a pre-heated oven at 180°C for 20 minutes

Use a spiral cutter to make noodles from the courgettes. Cook until done in a pan containing a little water for 2-3 minutes. Finish with olive oil and rock salt. Arrange over the lentil Bolognese and the mini tomatoes.



ndp





Beetroot goulash with polenta and a fried quail's egg

2 persons

Ingredients

1 fennel bulb
1 parsnip
40 g high-oleic olive oil
1 tbsp tomato purée
Approx. 700 ml beetroot juice
½ tsp ground caraway
1 tbsp dried marjoram
Rock salt
1-2 bay leaves
Cardamom
Nutmeg
5 cooked beetroots
2-3 tbsp creamed horseradish
3 tbsp verjuice vinegar
Fermented pepper

Polenta

3 tbsp fine polenta
Rock salt
Nutmeg
1 tbsp grated Parmesan

2 quail's eggs
Caraway
Herbs to scatter

Preparation

Use a slicer to cut up the fennel and parsley finely and brown in olive oil. Add the tomato purée, pour in the beetroot juice and then put in the caraway, marjoram, rock salt, bay leaves, cardamom and nutmeg. Allow to simmer for around 30 minutes.

In the meantime, stir the polenta into 250 ml boiling water. Season with rock salt and nutmeg, fold in the Parmesan. Simmer for 3-5 minutes, then set aside with the lid on.

Use a hand blender to mix the beetroot base into a creamy sauce. Dice the beetroots, add to the mixture and season with horseradish, verjuice vinegar and fermented pepper.

When the polenta has cooled slightly, form small quenelles and fry lightly in a non-stick pan until they take on some colour. Fry the quail's eggs at the same time.

Dress the goulash with the polenta and fried eggs, scatter with caraway and herbs.



vegetarian



*to a limited extent, but
not suitable for those with
high fructose intolerance*





Vivamayr moussaka

2-4 persons

Ingredients

3 medium aubergines
 2 carrots
 ½ a celeriac
 High-oleic olive oil for frying and marinating and to finish
 400 g lupin fillet
 Rock salt
 Rosemary
 Thyme
 Oregano
 2 tbsp tomato purée
 Marjoram
 Chilli flakes
 Parsley
 Approx. 150 ml vegetable stock (p. 48)
 200 ml chopped tomatoes from a tin/jar
 2 mini aubergines (optional)
 Marjoram to finish

Preparation

Pre-heat the oven to 180°C.

Halve 2 of the aubergines lengthways and bake for 30 minutes until soft on a tray lined with baking paper with the cut side facing downwards. Allow to cool a little, scrape the pulp out of the skin.

In the meantime, put the carrots and celery through the mincer or chop up finely and brown well in olive oil in a large pot. Also mince the lupin fillet and add together with rock salt, rosemary, thyme and oregano. Sauté well, add the tomato purée, continue to cook briefly and then pour in the vegetable stock. Add the chopped tomatoes, simmer the mixture for 30-45 minutes. Work in the aubergine pulp to create a beautifully creamy ragout. Season with freshly chopped marjoram, chilli flakes and parsley.

Whilst the filling is simmering, cut the remaining aubergine into slices 2-3 cm thick. Marinate in rock salt and olive oil. Place on a tray lined with baking paper and cook in a pre-heated oven for about 10 minutes at 180°C until soft. Halve the mini aubergines if using, also season with rock salt and olive oil and place in the oven too.

Press down on the aubergine slices with the back of a spoon, add the filling to the indentation and cook the stuffed slices in the oven for another 15 minutes at 150°C.

Finish with olive oil, the mini aubergines if using and fresh marjoram.



vegan ndp

