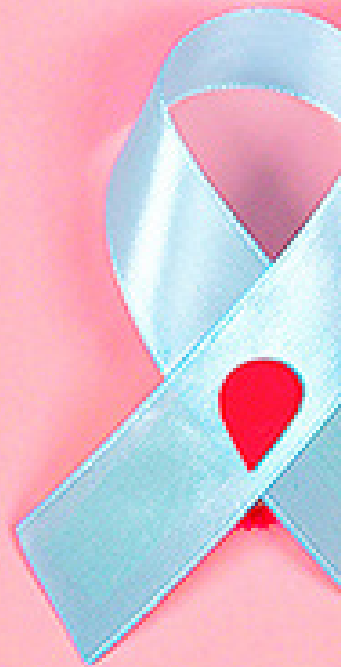


PROGRAM: DIABETES

Diabetes Care

The medical program for
more quality in life



/ VIVAMAYR Diabetes Program

NEW STRENGTH

The new VIVAMAYR Diabetes Program, for all those with prediabetes and type 2 and 1 diabetes, helps to improve the metabolism and thus to prevent, overcome or alleviate the symptoms of this disease.

Modified eating habits and an individual movement concept are the basis upon which our medical therapies are designed, with the goal of restoring your quality of life.

Diabetes mellitus is a disorder that affects the metabolism of glucose. As a result, the blood sugar levels are constantly elevated. Over time, this strain on the system damages the vessels and a whole host of organs. This is why it is important to detect and treat diabetes in time.



INDIVIDUAL THERAPY

At VIVAMAYR, we are able to help our guests at every stage of diabetes with an appropriate course of treatment.

The practical implementation of the VIVAMAYR Health Concept improves the glucose metabolism once more. The body and organs have the chance to recover and centers of inflammation in the body are able to dissolve. The interaction between the quantities of sugar consumed and the processing thereof in the body is optimized, allowing for long-term regeneration of the metabolism.

YOUR THERAPY PLAN

Only at VIVAMAYR will you receive medical treatment that is fully tailored to your individual needs.

Basic medical services

Individualized courses of treatment

As a result of the initial examination with the doctor and the comprehensive diagnostics and building upon the basic medical services, your very own personalized, individual therapy program is developed.

/ How VIVAMAYR can help with DIABETES

The VIVAMAYR diabetes therapy program includes a daily medical check-up as well as a combination of diet, movement, supplementation with minerals, vitamins and trace elements and, if necessary, comprehensive psychological support.

NUTRITION

Modified eating habits have a positive impact on diabetes

At VIVAMAYR, eating habits are optimized under medical supervision. Thanks to an individually prescribed low-carb diet along with the cleansing of cells (autophagy), the body becomes more sensitive to insulin and the blood sugar levels normalize. As a consequence, it is possible to permanently change the metabolism. In the months following the VIVAMAYR therapy, the body is able to reduce the symptoms and physical ailments caused by diabetes on its own. Accordingly, the general feeling of illness decreases and both quality of life as well as life expectancy increase.



INTOLERANCES

Recognizing and treating intolerances

VIVAMAYR specializes in detecting and treating food intolerances. Every guest is examined by means of a functional muscle test. For diabetes mellitus in particular, detecting and treating these kinds of intolerances, which can in part be hidden, is crucial in order to achieve an all-round improvement of the glucose metabolism.

MOVEMENT AND MEDICATION

Greater quality of life and physical and mental fitness

An individualized movement concept supports your health goals, as does medication that is reduced to only the absolutely essential. In many cases, the intake of medication can be reduced and often even entirely replaced by natural measures and substitution with minerals and vitamins. You are able to achieve greater quality of life, physical and mental fitness and overall performance once more.

RECLAIM AN UNIMAGINED QUALITY OF LIFE

This is what your new lifestyle will feel like.

balanced and in
charge

Increased quality of
life in the medium
and long term

new zest for life
thanks to fewer
knock-on illnesses

physically and
mentally fit

/ VIVAMAYR as your long-term companion

HELP WITH DIABETES

Who is our diabetes program suitable for?

Our program is suitable for people with prediabetes as well as types 2 and 1. The goal is to avoid, alleviate, slow down or even completely eliminate unpleasant side effects of the disease. These include circulation problems, disorders of the nervous system, excess weight, insulin resistance, kidney problems, eye problems, acute metabolic imbalances (hyper/hypoglycemia), vascular diseases, heart attack, stroke, diabetic foot or chronic disturbances in the healing of wounds.

What can be achieved for which type of diabetes?

For the prediabetes type, it is possible to ward off the threat of the disease entirely.

For those suffering from type 1, it is about reducing the delivery of insulin, optimizing the blood sugar levels and slowing down long-term side effects.

By implementing a consistent VIVAMAYR lifestyle, those with type 2 can reach normal values once more, and their medication can be reduced or discontinued altogether. Many of the side effects of diabetes can be stopped or improved.

VIVAMAYR IN EVERYDAY LIFE

New lifestyle, new nutrition, new strength - with VIVAMAYR as your companion

Part of the VIVAMAYR Health Concept is personal responsibility. By changing your lifestyle, you can play a major role in attaining your health goals. Here with us, you learn how to properly nourish your body and what influence your diet has on your blood sugar levels. Thanks to a comprehensive training course including nutrition counseling, a cooking course, movement and mental training as well as medical lectures, you will find all the answers to your personal questions. As a lifelong companion, VIVAMAYR is always there for you.

With diabetes mellitus especially, it is particularly important to integrate the new habits you learn for a healthy lifestyle into your day-to-day life. And, of course, VIVAMAYR has got you covered here too. After the intensive medical treatment at one of our Medical Health Resorts, we can continue to advise and support you at our outpatient clinics as well as via telemedicine.

The **VIVAMAYR Diabetes Program** helps to prevent diabetes, or to treat it in the long term in a natural manner. Alongside the basic services, the therapies are individually put together for you.

The VIVAMAYR Diabetes Program is structured as follows:

BASIC MEDICAL SERVICES

- / Initial medical examination
- / Functional myodiagnosics
- / Daily medical manual abdominal treatments
- / Final medical examination
- / Nutrition counselling
- / Acid-base and mineral nutrient analysis
- / Free radicals & biological anti-oxidative potential
- / Metabolic analysis
- / Urine analysis
- / Individual dietary plan
- / Group activities
- / Medical lectures

TAILORED THERAPIES

- / Aquabike
- / Bodywork / Relaxation technique
- / Body impedance analysis
- / Colonic irrigation
- / Creation of a training plan
- / Cryotherapy
- / Electrolysis foot bath
- / EMS (electrical muscle stimulation)
- / Functional training
- / Heated bed mud/algae/brine
- / IHHT – Hypoxytraining
- / Infusions
- / Liver wrap
- / Mental therapy
- / Osteopathy
- / Spiroergometry
- / Therapeutic massage
- / Yoga

1 WEEK thorough detoxification

- 1
- 1
- 3
- 1
- 1
- 1
- 1
- 1
- 1
- ✓
- ✓
- ✓

2 WEEKS improvement of metabolism

- 1
- 1
- 8
- 1
- 1
- 2
- 1
- 2
- 1
- ✓
- ✓
- ✓

INDIVIDUALLY TAILORED TO YOU

From this range of therapies, the doctor selects the type and number of treatments necessary for you. Thus your personal therapy plan is customized to suit your needs.

The final price is based on your individual therapy plan.

The specific type and number of therapies is individually defined and charged by your doctor in accordance with your personal needs. Duration: 7 days or more; price excluding accommodation. Dietary supplements, medicines and special lab tests are charged separately.

1 week
from
€ 3.290

2 weeks
from
€ 5.965

All prices are in euros including VAT.

OUR LOCATIONS

/ Medical Health Resort Maria Wörth

/ Medical Health Resort Altaussee

/ Vienna Day Clinic

/ London Day Clinic

/ Clinic Dates International



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