



INTERNATIONALE GESELLSCHAFT
DER MAYR-ÄRZTE

„Diagnostik und Therapie nach F.X. Mayr heute“

F.X. Mayr Basic Course A 16. – 28.08.2026

Dr. Sepp Bodo Fegerl, Dr. Sepp Fegerl, Gesundheitshotel Spanberger, Gröbming

Course content:

Medical History Background

FXM introduction

Fasting

Basics of diagnostics according to FXM

Tonus theory, differentiation vitality, dystrophy, atrophy
intestinal autointoxication

abdominal forms

Postural changes

Humoral pathology

Face

Enteropathy, enteropathy syndrome

Supplementary diagnostics of NMU, anamnesis, FMD

Modern Mayr therapy

Principles, 4S

Medical manual abdominal treatment

Biological and biochemical basics; fermentation, putrefaction

Indications, contraindications, cure crisis introduction

Physiology, in-depth basics

Digestion, digestive organs

Nutrition

Acid-base balance

ECM

Lymph

Fasting

Detoxification and purification

Cure crises possibly split up

Basics of the intensive dietetics of Modern Mayr Medicine

Individual diets and cures

Cure preparation

Post-cure, transition to everyday life

Psychosomatics, psychohygiene

Practical application

Diagnostics and therapy

Intensive dietetics

Manual abdominal treatment

Personal diagnosis and therapy guidance

Self-experience as therapist and patient

Timetable:

Day	Morning	Afternoon
Sunday	Arrival from 15:00	
Monday	09:00 – 12:30	16:00 – 18:00
Tuesday	09:00 – 12:30	16:00 – 18:00
Wednesday	09:00 – 12:30	free
Thursday	09:00 – 12:30	16:00 – 18:00
Friday	09:00 – 12:30	16:00 – 18:00
Saturday	09:00 – 12:30	free
Sunday	free	free
Monday	09:00 – 12:30	16:00 – 18:00
Tuesday	09:00 – 12:30	16:00 – 18:00
Wednesday	09:00 – 12:30	16:00 – 18:00
Thursday	09:00 – 12:30	16:00 – 18:00
Friday	09:00 – 12:30	

- 8:00 - 9:00 Intensive dietetics
- 9:00 - 10:30 Course topics in theory and practice
- 10:30 - 11:00 Break
- 11:00 - 12:30 Course topics in theory and practice
- 12:30 - 13:00 Liver compress, meditation
- 13:00 - 14:00 Applied intensive dietetics
- 14:00 - 16:00 Free availability, exercise in the field
- 16:00 - 18:00 Course topics in theory and practice

The order of the lectures may be changed. Freely available times are for self-awareness and self-study as well as intercollegial exchange.