

Contents

Introduction	8
What's an Allergy?	10
Stress Response According to Selye	12
Base Substance as Reaction Site for Allergies	14
Allergy Characteristics	14
Inflammation as Allergy Indicator	15
Allergy Types	19
Pseudoallergies	21
Cross-Allergies	21
Histamine Intolerance	23
Carbohydrate Intolerance	31
Fructose Intolerance	31
Lactose Intolerance	34
Digestion and Allergies	36
Digestive Performance	38
Constitution	39
Fluctuations Related to Time of Day	39
Link between Intestinal Auto intoxication and Allergic Reactions ..	44
Dysbiosis, Candidiasis, Parasites	45
Candidiasis	46
Parasites	47
Lymph System and Allergies	49
How the Lymph System Works	49
Effects of Radix Edema	50
F.X. Mayr Diagnostics	52
Diagnostics of Health	53
Role of the Abdomen in Mayr Diagnostics	54

Recognizing Allergies/Intolerance	58
Classic Allergy Diagnostics	59
Laboratory Tests	59
Provocation Tests	59
Lymphocyte Transformation Test	60
Histamine Release Test	60
F.X. Mayr Diagnostics	61
Applied Kinesiology	62
Muscle Testing as a Central Source of Information	63
Possible Results of Muscle Testing	63
AK Testing Applications	66
Allergy Therapy Opportunities	75
Basic Principles of Modern Mayr Medicine	78
Key Concepts of F.X. Mayr Therapy™	78
Mayr Therapy is Accomplished by the Patient!	79
Therapeutic Principles of Mayr Therapy:	
Rest and Simplification, Cleansing, Training, Substitution	81
Rest and Simplification	81
Cleansing	85
Training	95
Supplementation	99
Orthomolecular Medicine	100
Practical Application of Mayr Therapy	
for Treating Allergies/Intolerances	102
Addressing Individual Needs	103
Basic Principles of F.X. Mayr Therapy	104
Water/Tea Fasting	107
Milk/Bread Roll Diet	107
Extended Milk/Bread-Roll Diet	109
Mild Clearing Diet™	110
Chronological Sequence of Mayr Therapy for Allergies	111
Supportive Measures	112

Practical Tips for Allergy Treatment	117
Pollinosis, Neurodermatitis, Bronchial Asthma	117
How Mayr Therapy Can Help	117
Heart–Circulatory Complaints	120
Migraines, Headaches	121
Disorders of the Digestive System	123
Rheumatic Disorders, Arthritis	124
Menstrual Disorders (Dysmenorrhea)	126
Pregnancy	126
Allergies and Sports Injuries	127
 Conclusions for Everyday Living from the Ideas of Modern Mayr Medicine?	130
Good Health through Living with Full Awareness following F.X. Mayr Therapy	130
 Appendix	137
About the Author	138
Addresses	139