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Diagnostics according to F.X. Mayr: Criteria of good, marginal and ill health

Erich Rauch

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As a sanatorium physician, Franz Xaver Mayr (1875-1965) treated thousands of patients with a special diet, intestinal cleansing and abdominal massage.

He established diagnostic criteria for the healthy and unhealthy abdomen, such as shape and firmness, sensitivity to pressure, gas content and the position of the intestines. He also established a connection between digestive disturbances, posture, and skin condition.

Dr. Rauch, a personal student of F. X. Mayr, has successfully been applying the Mayr method for over 40 years. He was head of a large sanatorium in Austria and president of the Society of Mayr Physicians for many years. His book is the standard text for the annual physician training courses in Mayr diagnostics and therapy which have been held since 1958.

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