PRESS RELEASE | September 2025

BUILDING RESISTANCE FOR AUTUMN

READY FOR WHATEVER THE WEATHER BRINGS

Autumn is at the door with wind, rain, cooler days and the first red-tinged leaves. It's also a time when our immune defences can be more vulnerable. So how can you protect yourself effectively against viruses and illness? According to the doctors at the Mount Med Resort in Tirol, the answer lies in a combination of anti-inflammatory nutrition, stress-reducing exercise and immunity-boosting therapies.

Active both in Wildschönau and far beyond, dividing their time between resort and operating theatre, Dr Alexander Papp and Dr Stephan Papp know exactly what it takes to keep the body performing at its best. That's why the two Mount Med Resort doctors rely on the most effective method for preventing illness: Mylife Changer®.

THE STORY BEHIND MYLIFE CHANGER

Mylife Changer was originally developed to prepare patients for breast reconstruction surgery, helping to strengthen the body, reduce risks and optimise post-operative recovery. And it worked. The keto-based, calorie-reduced nutritional approach evolved into a structured metabolic programme that was gradually expanded with detox treatments, signature infusion therapies, supplements and herbal tonics. It soon became clear that the method offered benefits far beyond surgical preparation. Even those in excellent health can gain from the cell-cleansing and recycling process known as autophagy, as well as its inflammation-regulating effects. Added to that is efficient weight management, which boosts both self-esteem and immune function.

IMMUNE BOOSTING: ANTI-INFLAMMATORY NUTRITION

Dr Papp, what does 'anti-inflammatory nutrition' really mean?
Dr Alexander Papp, Specialist in Plastic, Aesthetic and Reconstructive Surgery: 'Anti-inflammatory nutrition focuses on reducing inflammation through targeted dietary choices. Many people today live with a chronically elevated level of inflammation, which weakens the immune system and increases susceptibility to illness. With Mylife Changer, we combine a keto-based, calorie-reduced diet with intermittent fasting. This shifts the body into ketosis and fast mimicking– two metabolic modes that have been shown to lower inflammation and activate autophagy, the body's natural cellular cleansing process.'

And how exactly does that benefit the immune system?
Dr Alexander Papp: 'By triggering autophagy, the body breaks down damaged cell components and even viruses or bacteria that may be hiding inside cells. At the same time, blood sugar and insulin levels are brought into balance. As a result, the immune system can operate more effectively, rather than constantly being burdened by low-grade inflammation.'

Many people associate calorie reduction with hunger. Is that the case with Mylife Changer?
Dr Alexander Papp: 'No, quite the opposite. Our programme includes three balanced meals a day, supplemented with two targeted protein servings. This helps preserve muscle mass and maintain a stable sense of fullness. The

metabolism gets a boost without leaving you feeling weak, and the immune system benefits hugely from this balance.'

ACTIVE BODY, STRONG IMMUNE SYSTEM

Regular, moderate endurance training enhances the body's defences, sharpens its response to pathogens and reduces the risk of infection.

HOW EXERCISE AFFECTS THE IMMUNE SYSTEM

- Increases the number of white blood cells that fight off intruders
- Stimulates the production and release of immune messengers that regulate the body's defences
- Mobilises natural killer cells to destroy infected cells
- Reduces stress, which is proven to weaken immunity when chronic
- Improves sleep, further strengthening immune resilience
- Encourages vitamin D production when outdoors, essential for immune defence

EXERCISE IS MEDICINE FOR BODY AND MIND

Dr Papp, what role does exercise play in supporting a strong immune system?
Dr Stephan Papp, Specialist in Trauma Surgery and Sports Traumatology: 'A crucial one. Physical activity has been shown to lower inflammatory markers such as C-reactive protein and interleukin-6. Just 30 minutes of brisk walking or hiking a day can significantly strengthen the immune system. Strength training, on the other hand, promotes the release of myokines – anti-inflammatory messengers released directly from the muscles.'

Is there a link between fitness and inflammation levels?
Dr Stephan Papp: 'Research shows that the fitter a person is, the lower their inflammation markers tend to be. Exercise also improves circulation, which optimises the supply of nutrients and oxygen to the cells and strengthens the immune system.'

What do you recommend to your guests at Mount Med Resort?
Dr Stephan Papp: 'A balanced mix of moderate endurance activities such as brisk walking, hiking or light jogging, combined with targeted strength training and restorative practices like yoga or meditation. This combination lowers stress hormones, boosts the immune system and at the same time enhances mental wellbeing.'

MEDICAL AND NATURAL METHODS IN SYNERGY

For optimal immune support, Mount Med Resort combines the most advanced medical approaches with traditional treatments that have been trusted for centuries, offered in the Medical Spa alongside Mylife Changer® therapies.

- **Signature Infusions:** From detox infusions that support elimination to targeted vitamin C infusions, each personalised therapy provides optimal levels of vitamins, minerals and antioxidants.
- **Triple Detox Programme:** A combination of far-infrared rays, plasma therapy and polychromatic light therapy promotes effective cell regeneration and reduces stress.
- **Neuroscientific Biohacking:** Digital impulses and biofeedback stimulate recovery and lower stress hormones.
- **Cryotherapy**: Sessions in the state-of-the-art cold chamber activate immune cells, increase stress resilience and reduce inflammation.
- **Saunas & Steam Rooms**: Heat therapy strengthens circulation and mucous membranes, reinforcing the body's first line of defence against viruses.

IMMUNE STRENGTH FOR AUTUMN – WITH A SYSTEM

Every stay at Mount Med Resort begins with integrative diagnostics, including an analysis of metabolism, biological markers, fitness levels and cardiovascular health. Based on this, the programme is tailored to each guest and combined with saunas, cryotherapy, massages and infusions. The result is a personalised immunity plan that strengthens both body and mind.

IMMUNE RENEWAL AT MOUNT MED RESORT

- Activates **autophagy**, the body's natural cell-cleansing and repair process
- Balances blood **sugar, insulin and cholesterol levels**
- Reduces **inflammation** and stimulates **immune cells**
- Restores **gut health** – the core of the immune system
- Strengthens natural **protective barriers** such as the mucous membranes
- Rejuvenates cells and **reduces stress**
- Promotes sustainable **weight management** and **emotional balance**

ABOUT MOUNT MED RESORT

This architecturally and conceptually unique retreat rises from the 850-year-old foundations of a former tithe barn. Its ten carefully designed buildings include 14 exclusive chalet suites, 46 rooms and suites, and a 3,500 sqm state-of-the-art Medical Spa – all set in harmony with the untouched alpine beauty of the high valley. Mount Med is a purpose-built sanctuary for complete regeneration, renewed vitality and lasting inspiration. The resort is a medical flagship, specialising in sustainable, personalised healthcare: MOUNT MEDolutions.

MOUNT MEDOLUTIONS AT A GLANCE

- Aesthetics & Longevity
- Detox & Weight
- Sports & Performance
- Ortho & Mobility
- Prevention & Regeneration

AWARD-WINNING

Within just months of opening, Mount Med Resort received the Hideaways Award for Best New Medical Resort 2025, followed by the SPA Star Award for Best Medical Spa Concept. The resort has also been nominated for five additional accolades: the Condé Nast Traveller Readers' Choice Awards 2025, the Destination Deluxe Award 2025 and the World Luxury Spa, Restaurant and Hotel Awards 2025.

PRESS CONTACT
marketing deluxe | Amy Rose | Tannenberggasse 2/G1 | 6130 Schwaz | Austria
T +43 5242 61115 | press@marketing-deluxe.at | marketing-deluxe.at