

## **AYURVEDA'S QUICK FIX FOR ENERGY**

### **EXPRESS POWER PLUS RETURNS GUESTS TO PEAK PERFORMANCE**



Ayurveda Resort Mandira in Austria's green heart of Styria launches new Holistic Health Express Power Plus solution. The 5-night programme is tailored to fight against fatigue and its causes. It is designed to boost energy, increase performance and help recovery therefore ideal for busy professionals and people who live their life to the fullest, as well as athletes and fitness enthusiasts. By combining traditional Ayurveda and conventional Medicine such as infusion therapies with medical supervision, therapeutic guidance and clean energy food, guests return to peak performance and learn how to maintain top energy levels for the long term.

#### **High Performance in Super Quick Time**

According to Mind UK, 'Being prepared for periods of stress can make it easier to get through them. And knowing how to manage our wellbeing can help us recover after a stressful event.'<sup>1</sup> The Express Power Plus solution is the Mandira's holistic answer. It combines infusion therapy, clean energy food and energising Ayurvedic treatments. Guests are supervised by medical and therapeutic practitioners throughout their revitalising programme lasting four days and five nights.

Cell metabolism and cell regeneration are crucial to a sustainable build-up of energy. Telomeres – the protective caps on the ends of our chromosomes – shorten as a result of age and unhealthy lifestyles, and this process is accelerated by stress, chronic inflammation, excessive calorie and sugar intake, and the consumption of alcohol and nicotine. When cells are no longer able to replicate, new tissue cannot be generated. The result is chronic fatigue, reduced mental performance, a weakened immune system, premature ageing and an increased risk of conditions such as dementia, depression, diabetes and cardiovascular diseases. Dr Alexandra Koller, physician at the Ayurveda Resort Mandira, explains, 'Our Express Power Plus solution combines medical supervision with Ayurvedic treatments and therapeutic guidance. The treatments and infusions we use help fight fatigue and boost energy. This integrative approach is our proven holistic answer to deal with stress. Christina Mauracher, founder of Holistic Ayurveda, agrees, 'As well as the conventional and alternative treatments, we focus on therapy and the mental, physical and spiritual aspects of health' to help our clients manage stress in the long run. It is extremely important to understand how to handle challenging situations in order to avoid burnout in the future.'

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<sup>1</sup> MIND UK, Mind website, web page entry. [Stress](#)

### Power Infusions for Game Changers

The Express Power infusion therapy includes NAD (nicotinamide adenine dinucleotide), Q10 and Mitochondrial Power infusions.

- NAD is an active molecule and coenzyme that plays a major role in converting food into energy and keeps cell function and regeneration working well. It also protects telomeres and supports the function of sirtuins (the 'longevity genes'). NAD boosts energy levels and general wellbeing, supports cognitive performance, activates the brain's neuron functions, stimulates metabolism and cell regeneration, reduces chronic inflammation and oxidative cell stress.
- Q10 is a coenzyme produced from the amino acids phenylalanine and tyrosine. Our cells need Q10 for energy production. The heart, lungs and liver need a particularly high amount of energy. Q10 boosts cell energy, improves the regulation of blood sugar and blood pressure, supports the immune system and insulin function, reduces oxidative stress, protects and strengthens the heart and slows the ageing processes.
- Mitochondrial Power infusions boost mitochondrial function and increase cellular energy to fight fatigue, enhance cognitive function and decrease inflammation.

### Express Power Plus

The 5-night/4-treatment-day solution includes nutritious clean energy food for increased vitality, initial and concluding consultation, medical supervision, therapeutic guidance, and Ayurvedic treatments renowned to boost energy levels as well as daily Express Power infusions as prescribed. Guests also benefit from the ultimate programme of Yoga and meditation classes, mental health talks and guided sports activities. The healing power of nature and the scientifically proven stress-buster of the hot spring water in the Thermal Spa are quintessential to the long-lasting effects of this solution programme. Rates from €2,835 per person, including accommodation. Clients arriving from the UK can hop on regular flights to Vienna and take advantage of the Mandira's 90-minute transfer.

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