

# 'The New Medicine of the Future'

Myoreflex Therapy  
developed by Dr. med. Kurt Mosetter and Team

# **Myoreflex Therapy – A holistic approach to a new medicine of the future**

**Drs Kurt Mosetter** and his brother **Reiner Mosetter** engage in **applied research** that relates the knowledge of modern science (physics, biomechanics, statics, neuroscience) to the traditional knowledge based on experience (acupuncture, dietetics).

They created a new specific and very effective approach of therapy, **Myoreflex Therapy** - a genuine form of manual therapy beneficent for people suffering from **pain, stress** and **trauma**. Myoreflex Therapy has proven to be a highly effective therapeutic measure for treating injuries in the field of **professional sports** such as soccer, hockey, tennis and various others.

Dr. Mosetter has been supporting several individual professional athletes as well as internationally renowned sports teams such as FC Bayern, the US soccer team (2011 – 2016) etc.

Dr. Mosetter personally teaches classes about his theoretical and practical concepts of **Myoreflex Therapy** and **Neuromyology** in Germany and Switzerland.

He is engaged in research about **physiological and biophysical molecular stress, neuro-biochemistry, and the specifics of performance metabolism**.

# What is Myoreflex Therapy MRT?

MRT is a regulation therapy that for historical and efficiency reasons takes its starting point in pressing at muscles attachments – thereby influencing the tensegrity in the myofascial system both locally, but first and foremost globally, in the body.

By applying neuro-muscular pressure point stimulation which in succession provokes self-regulation of maladaptive body schemes, we are able to target various health problems and pain symptoms related to the muscles and joints, but also to complex metabolic imbalances.

# **Key Factors in Myoreflex Therapy**

- Traditional, Chinese & Western Medicine**
- Manual Therapy: incl. muscles, fasciae, organs, ...**
- Nutrition**
- Trauma Release**
- Exercise**
- Neuro-Stimulation**

# What is Myoreflexology for?

- Pain symptoms: back, head, joints, ...
- Eyes & Ears, Dizziness, Tinnitus
- High blood pressure
- Diabetes
- Psychological trauma
- Neuro-degenerative illnesses: MS, Parkinsons',  
ALS, Alzheimers', ...
- Overweight and Obesity

# Who benefits?

- All ages
- Professional Sports
- Handicapped or delayed development
- Patients after stroke, heart attack, accidents

# What is New?

Key to the new medicine are

## **1. the collaboration of the different healing approaches:**

- physical
- chemical
- energetical

## **2. the respect for each other's healing approach:**

- Traditional knowledge, incl. Plant medicine
- Eastern Systems with energy medicine
- Western System with physical & chemical approach
- Psychology and spirituality

# **What can you do yourself?**

- Nutrition, incl. fresh water**
- Natural herbs**
- Exercise**
- Enough Sleep**
- Positive community experience**



# Day-Night Rhythm - Sugar & Pain Connection



# **Myoreflex Therapy – launched in Africa 2018**

**24 Jan Kwale, Kenya**

## **'10 Steps to Well-Being'**

Myoreflexology applied for family and friends

**10 – 14 July at Woody Cape, South Africa**

## **Intensive Myoreflex Therapy Course**

for beginners, somewhat experienced and professionals

**(16 – 18 July Mandela Centenary Trail)**

# **Documents available**

- Sugar – The silent Killer**
- Nutrition: «slimming and thickening agents»**
- Nutrition: Day & Night Rhythm**
- Glycoplan – a potential way to a healthy diet**









