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## Promote the joy of living with SANUM

The year 2020 has caused a great deal of uncertainty for many people. The worldwide infections with the coronavirus, the long-lasting helplessness in the face of the disease and the restriction of social contacts have burdened many people. Added to this was the hot summer, which in many places caused even more trees and plants to wither than the previous one. Many people developed existential fears due to the health and economic threats.

According to Traditional Chinese Medicine (TCM), this weakens the kidney-bladder meridian, which, among other things, according to these ideas, is also related to bone strength. Our vernacular also knows such connections when it speaks of fear driving into one's bones. According to TCM, the kidney-bladder meridian is also responsible for the preservation of vital energy. More and more patients seek therapeutic advice because they develop a lack of energy, existential anxiety and/or osteoporosis. NIGERSAN® is a SANUM medicine, which counteracts bone diseases. In combination with CITROKEHL®, NIGERSAN® additionally supports the energy balance and thus promotes vital energy, because it intervenes in the citric acid cycle in a regulating way.

Another type of fear is that for our loved ones, those entrusted to us. It is the so-called "fear of the heart". It is felt in connection with families who fear for their grandparents and relatives in need of care. The lack of contact makes their hearts heavy, chronic diseases such as dementia progress faster. Here MUCOKEHL® together with SANUVIS® is the remedy that brings the anxious, cramped heart back into rhythm and faltering blood back into flow. This can of course be supported by the administration of STROPHANTHUS. This medication can relieve the overstrained stress axis hypothalamus-pituitary-adrenal gland and strengthen the heart.

### **Dosage forms NIGERSAN®**

20 tablets D5  
10 ml drops D5

### **Dosage**

1-3x 1 tablet daily  
1-2x 5 drops daily

### **Other dosage forms available.**

### **Dosage forms MUCOKEHL®**

20 tablets D5  
10 ml drops D5

### **Dosage**

1-3x 1 tablet daily  
1-2x 5 drops daily

### **Dosage forms STROPHANTHUS**

80 tablets D4  
10 ml drops D4  
30 ml drops D4  
100 ml drops D4

### **Dosage**

acute up to 12x 1 tablet daily  
chronic 1-3x 1 tablet daily

acute up to 6x 5 drops daily  
chronic 1-3x 5 drops daily





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## „Small farmhouse breads“

### Zutaten:

- 150 g dark chocolate chips
- 3 eggs
- 250 g powdered sugar
- 250 g ground hazelnuts
- 3 tablespoons flour
- 1 tablespoon milk

As Christmas, the feast of love and secret surprises, is just around the corner, we all want to give a little more light and joy, comfort and confidence. This necessarily includes cookies, because the way to love is through the stomach, and homemade cookies can also warm the heart and bring joy. Therefore, we would like to give you another recipe for all big and small bakers on the way.

Separate the eggs and whip the egg whites. Beat the egg yolks, 150 g powdered sugar and milk until frothy and then slowly fold in the chocolate chips and hazelnuts. Add the beaten egg whites at the very end. Put the remaining powdered sugar in a deep dish. Form small loaves, roll in the powdered sugar and place on baking paper. Bake at 150°C - 160°C for about 20 minutes.

Enjoy your meal!

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## Save-The-Date SANUM Conference 2021

Due to the pandemic and the associated constraints and restrictions, our SANUM conference will unfortunately not be able to take place as a face-to-face event in Hannover next year.

Alternatively, we are planning a concept for a virtual trade fair.

Please already note the date of our online SANUM conference 2021:

**March 20/21, 2021.**

We will inform you via our newsletter or via our homepage as soon as further details about the event are fixed!

Please note that it will be in German.

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We wish you a wonderful Christmas and stay healthy.