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Fit into the winter season

Detoxification cure

All deposits of metabolic end products and harmful substances from our environment (toxins) put a strain on the "inner milieu" and thus on the connective tissue and, as is well known, can lead to a number of diseases and therapy blockages. All too often we experience in our daily practice that the burdened, inner milieu becomes an obstacle to healing. Therefore, the key to a successful therapy, especially if the susceptibility to infection persists over a long period of time, lies in the detoxification carried out beforehand. SANUM-Kehlbeck offers a range of medicines which support a supporting detox.

USNEABASAN® and OKOUBASAN® bind intestinal toxins and discharge them. USNEABASAN® is manufactured from *Usnea barbata*, a lichen from the family Parmeliaceae. In vitro and in vivo studies showed that various extracts of the genus *Usnea* have antimicrobial, antiviral, antifungal, anti-inflammatory and antioxidant properties (Engel et al. 2006, Prateeksha et al. 2016). Experience shows that OKOUBASAN® is used in acute diarrhea, food intolerances and infections of the gastrointestinal tract. A prophylactic intake is also possible in case of climate and dietary changes, e.g. during long-distance travel. LUFFASAN®, a homeopathic preparation from the dried fruits of *Luffa operculata*, a cucurbit plant, is also used as a detoxifying agent and especially for congestion caused by inflammatory processes. The following treatment scheme is thus available to the therapist for a detoxification and drainage:

- **- Monday to Friday**

OKOUBASAN® D2 Tr. 1x 5-10 and/or OKOUBASAN® Ø 1x5-10 Tr. and USNEABASAN® Ø Tr. 1x 5-10 in daily change (start with 1x 2-3 each)

- **- Saturday and Sunday**

LUFFASAN® D4 tbl. 1x 1-2 pcs. (start with ½ tbl.) or LUFFASAN® drops 1x 5-10 pcs.

The recommended duration of therapy is 6-8 weeks, can be extended or repeated several times if necessary.

OKOUBASAN® available as:

10 ml drops, mother tincture
30 ml drops, mother tincture
10 ml drops D2
30 ml drops D2

Other dosage forms available.

USNEABASAN® available as:

10 ml drops, mother tincture
 30 ml drops, mother tincture
 100 ml drops, mother tincture

LUFFASAN® available as:

30 ml drops D4
 80 tablets D4

Other dosage forms available.

Strengthening of the immune system

In order to strengthen the constitution of the whole organism and especially its natural defences, SANUM-Kehlbeck recommends UTILIN® H as a prophylactic measure during the cold season.

UTILIN® "H"

5 capsules D5

Dosage

1 orally once a week

Other dosage forms available.

The application is recommended for 5 weeks.



Support for your skin and mucous membrane in the cold and wet season

Healthy skin and mucous membranes protect the organism and form a natural defense barrier against various environmental influences. However, skin and mucous membranes are exposed to many stresses and strains every day:

- Temperature fluctuations
- Surfactants and solvents
- increased dry and sometimes polluted breathing air

Especially now, when it is getting uncomfortable outside and you like to be at home in the warm living room, these contrasts - warm, dry air inside and cold or even frosty air outside, our skin and mucous membranes are strongly affected. If the skin is not sufficiently supplied with nutrients, various symptoms appear. Sometimes it feels very dry and itches. In the case of very sensitive skin, cracks in the skin can also occur, especially on the fingertips. The mucous membranes are also too dry and irritated. This is a problem especially in the nose. This is because the mucous membranes in the nose are supposed to protect the body from infectious agents. It is therefore important to give the skin special care during this time - also from the inside. To support the skin, a cure with evening primrose oil-black cumin oil capsules + vitamin E and A from Biofrid is suitable. Both oils contain many unsaturated fatty acids and have anti-inflammatory properties. Especially the linoleic acid contained in them has a regulating effect on the water balance of the skin. Vitamin A supports the immune system and vitamin E helps to protect the cells from oxidative stress.

Monthly cure:**Inside**

2x 2 capsules daily (Package size: 100





capsules)

Externally
Evening primrose cream "BALANCING CARE" Natural cosmetics (BIOFRID, 75 ml)

Stay healthy!