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SANUM NEWSLETTER



Summer time – Healing power from forest and field

EPISCORIT® – Sun for the immune system

›We are still in the height of summer, but autumn will soon be upon us. The right moment to once again come to rest and draw strength and energy. Nature offers us many opportunities for this, and the forest in particular invites us to interrupt the daily stream of thoughts and turn to the beauty of the forest with all our senses. All over the world, people like to go to the forest to enjoy the peaceful and beautiful atmosphere of nature. A walk in the forest reduces stress hormones, lowers blood pressure and has a positive effect on the immune and nervous systems.

People go to the forest to regain their calm after a stressful everyday life and to gather strength. The slow walk through the forest is also called forest bathing or "Shinrin-Yoku" in Japan. Forest bathing is a natural aromatherapy, because while walking different substances, such as essential oils of the trees are inhaled and these have a positive effect on our well-being. Some plants of the forest have a very special scent. Now, at the beginning of August, you can sometimes still enjoy the sweet scent of the littleleaf linden (*Tilia cordata*). And those who like to stroll through the forest in the evening can even enjoy the heavy sweet fragrance of the forest honeysuckle (*Lonicera periclymenum*) until September, because the flowers open only in the evening for various hawkmoths and moths. But many conifers also emit their distinctive scent in the forest. Terpenes make up the majority of essential oils, which have, among other things, antimicrobial, antioxidant and immunomodulatory effects on body cells. Especially the natural killer cells (NK cells) are activated after forest bathing. But the quiet movement in the forest is not only good for the immune system. Evidence shows that forest bathing lowers levels of the stress hormone cortisol (Li et al. 2010; Kobayashi et al. 2019). If you want to enjoy the relaxing effects of essential oils at home after forest bathing, you should try the essential oil blend "Relaxation and Centering." After the rather tart and grounding scents of the forest, this composition consists of fruity notes with bergamot oil (*Citrus bergamia*), mandarin oil (*Cetraria recutita*), rose geranium oil (*Pelargonium graveolens*) and lemon oil (*Citrus limon*).

Now, in August, the red coneflower or purple coneflower (*Echinacea purpurea*), from which the drug EPISCORIT® is produced, is still in bloom. Although it does not emit any particular fragrance, this medicinal plant has immune-stimulating and anti-inflammatory properties. Its main focus in therapy is the supportive treatment of infections of the upper respiratory tract and the draining urinary tract.

THEMENÜBERBLICK

- EPISCORIT® – Sun for the immune system
- SAVE-THE-DATE:
Autumn seminars
 - › SANUM-Kehlbeck
Lecture event
Medical Week 2021,
Baden-Baden
 - ' IGIMP Lecture Conference
Medical Week 2021,
Baden-Baden



UTILIN® "H" is particularly suitable for immune prophylaxis, so that the immune system is strengthened in advance in preparation for autumn and winter. It contains specific components of the bacterium *Bacillus subtilis*. *Bacillus subtilis* has an immunomodulating effect on the specific and non-specific immune system, e.g. the activity of macrophages and NK cells is increased (Xu et al. 2012; Kosaka et al. 1998). These particularly strengthen the defense against newly invaded bacteria and viruses. UTILIN® "H" can be used as a course of treatment for immune prophylaxis.

Trade forms EPISCORIT® und UTILIN® "H":

EPISCORIT® drops

30 ml Bottle

Dosage

3-4x 55 drops daily

UTILIN® "H" D5 capsules

5 capsules

Doage for immune prophylaxis

1x 1 capsules per week for 5 weeks

Also available in further dosage forms.

Essential oil blend "Relaxation and centering"

- ' 50 ml jojoba
- ' 2 dr. bergamot essential oil
- ' 5 dr. mandarin essential oil
- ' 15 dr. essential
- Rose geranium essential oil
- ' 3 dr. lemon essential oil

SANUM-KEHLBECK LECTURE EVENT Medical Week 2021, Baden-Baden

- ' October 30, 2021, 09.00 - 13.00 hrs.
- ' Congress House, meeting room 1
- ' Augustaplatz 10, 76530 Baden-Baden, Germany
- ' Seminar leader: Dr. rer. nat. Dieter Sonntag

Children of wealth - Consequences of a life between abundance and scarcity

09.00 - 09.15
Welcome and introduction
Dr. rer. nat. Dieter Sonntag

09.15 - 10.45
The balancing act of our children between evolution and technology -

Possibilities of therapeutic support
Dr. med. vet. Anita Kracke

10.45 - 11.00
Break

11.00 - 13.00
Small intestine as a trigger of later immune disorders and
chronic diseases: Modern holistic diagnostics.
Diet and SANUM therapy
Prof. Dr. med. Thomas Rau

IGIMP LECTURE CONFERENCE Medical Week 2021, Baden-Baden

' October 28, 2021, 2:30 - 6:30
' Congress Center, Congress Hall I
' Augustaplatz 10, 76530 Baden-Baden, Germany
' Seminar management: Dr. med. Ralf Oettmeier, Prof. Dr. med. Thomas Rau

Immune system and prosperity:
Effective or insufficient?

2.30
Welcome and introduction
Ralf Oettmeier, MD, Gais (Switzerland)
Prof. Dr. med. Thomas Rau, Teufen (Switzerland)

Speakers
Dr. med. Volker von Baehr, Berlin (Germany)
Prof. Dr. med. Jorgas Kavouras, Litzendorf (Germany)
Ralf Oettmeier, MD, Gais (Switzerland)
Prof. Dr. med. Thomas Rau, Teufen (Switzerland)
Dr. med. vet. Peter Berger, Osternienburger Land (Germany)

6.30
End of the event
