



Stress and sleeplessness -

Yesterday! Today! Tomorrow?

› Christmas is over and the new year is still fresh, but it is already time for a review in Hoya. This year at SANUM-Kehlbeck - with the proven combination of tradition and modernity - everything is under the sign of our anniversary "50 years of SANUM". We are therefore dedicating our 2023 newsletters to the various topics of the SANUM conferences from the past decades. These continue to enjoy great actuality. In this way, we will keep a parallel eye on the current topics and look optimistically to the future. So enjoy this first little journey through time and have a healthy, relaxed and happy start to 2023.

Then and now - stress let off (SANUM conference 2002)

Already in 2002, i.e. more than 20 years ago, there was a lecture within the framework of the SANUM conference called "Civilisation disease stress", in which the speaker dealt intensively with the causes and effects of stress down to the cellular level [1]. Even today, this is a life-defining issue for many people. But what does the word "stress" really mean for the individual in his or her everyday environment? The US psychologist Richard Lazarus explains stress in his "Lazarus Stress Model" as the subjective assessment of a situation or a stimulus and the associated weighing of whether the available individual resources are sufficient to cope with the situation. If a person feels that the resources available to him or her are not sufficient to meet the requirements, he or she experiences stress. As a study by the Techniker Krankenkasse found out in 2021, the conditions for people to cope with their demands in everyday life have become much more difficult, which is certainly also due to the current crises. According to the survey, two thirds of people over the age of 18 are sometimes stressed, 26% of respondents feel stressed frequently. In 2013, only 20% were in the latter group. Nowadays, stress or its consequential illnesses account for about 20% of absence from work in companies; they are thus one of the leading reasons for sick leave at the doctor's office. More than 80% of the stress victims suffer from chronic exhaustion, about half of them suffer from sleep disorders, and headaches and depression are also reported as consequences of stress. These are alarming figures insofar as they also affect more and more children and young people, who are often not immediately aware of their suffering. Coping with stress is therefore a significant issue not only individually but also socially. In addition to the many good possibilities for coping with stress and the realisation that in many cases one's own evaluation and handling of a situation leads to the perception of stress, one can find effective support with the preparations of the SANUM company.

For example, the preparation MUCEDOKEHL®, obtained from the mould *Mucor mucedo*, is used to support the so-called abdominal brain as well as the limbic system and the vegetative system. If anxiety and stress are rampant, this preparation may perhaps be a door opener to a more self-determined way of dealing with stress and thus to more serenity, inner peace and contentment. If you want to do something good for your stressed psyche through external application, the essential oil blend "Relaxation and Centring" by Biofrid is a good choice. The balancing blend of natural essential oils - consisting of 15 drops of rose geranium oil, 5 drops of red mandarin oil, 3



drops of lemon oil and 2 drops of bergamot oil together in 50 ml of jojoba - is gently massaged into the skin in the area of the abdomen or décolleté or simply placed on a tissue to scent the room.

Restless Sleep (SANUM Conference 2019)

In 2019, the entire SANUM conference again revolved around the problem of "The exhausted patient - when modern life makes you ill". The focus was particularly on the disease-causing factors of today's lifestyle and an informative lecture was given on the topic of "Chronic sleep deprivation - what robs us of sleep".[2] This topic has also become much more acute in recent years. People increasingly see their sleep quality affected. People complain about problems falling asleep and sleeping through the night, as well as about great exhaustion during the course of the day. However, healthy sleep is essential for the physical and psychological development and regeneration of human beings. The dramatist Christian Friedrich Hebbel is quoted as saying: "Sleep is a crawling into yourself. For this, however, body and mind need the necessary rest, darkness and, at best, freedom from radiation. For example, many people sleep worse after intensive display use in the evening than if they had done without the technology before going to bed. Blue light signals to the body that it is time to work instead of time to sleep. So-called sleep hygiene also plays a major role in an unhindered journey into the land of dreams: regulating the room temperature (approx. 18°C), avoiding late meals and, if necessary, a snoring bed partner, small rituals and regularities as well as a notebook for thoughts that are simmering can provide effective assistance. Similar to stress, there is also a large field of self-effective possibilities for improving the problem of sleep disorders, which can be used, provided that an organic disease is excluded. In any case, attention should also be paid to a well-balanced mineral balance. The minerals magnesium, potassium and calcium are readily available to the body in ALKALA® "S" in the form of citrates and provide a balanced mineral supply, which is necessary for normal muscle and nerve function, but also for a balanced energy metabolism. In the case of sleep problems and restlessness, help from the realm of herbal medicine is also offered by the wild-growing Manuka bush from New Zealand. It is offered as LEPTOSPERMUSAN drops in D4 and, via foreign countries, also as mother tincture by the company SANUM. Experience has shown that the tree called Leptospermum scoparium contributes to general calming and supports the gastrointestinal tract.

Trading forms

MUCEDOKEHL® D5 Drops

10 ml bottle (also available in other dosage forms)

Dosage

1x 8 drops daily.

LEPTOSPERMUSAN D4 drops

30 ml bottle

Dosage

1-3x 5 drops daily.



ALKALA® "S" Powder

250g powder/can

Dosage

1-2x 1 heaped teaspoon daily .

[Essential oil mixture „Relaxation and centring“](#)

For further product information, please refer to the respective instructions for use or packaging.



The VADEMECUM –
From experience to evidence.

Complementary medicine has a future. If we act.

Help to secure the wealth of experience in complementary medicine.
