



Mobile phone and Co. - everything under control?

› Looking at the topic of media use, the first thing that impresses is the current figures: There are currently 62.6 million smartphone users in Germany; well over 90 % of people under 40 owned such a mobile device in 2021. Dealing with the consequences of digitalisation on people's social lives also brings new terminology.

For example, there is "FOMO -- Fear Of Missing Out", the fear of not belonging and/or missing out. This is closely linked to "Nomophobia - No Mobile Phone Phobia", a form of anxiety disorder that manifests itself the moment the mobile phone or other medium used for virtual networking is not ready for use. Since a large part of communication nowadays takes place via the media and the so-called social networks, and this constantly holds a confusing amount of information and news, it is very difficult for many people to escape this pull. This is especially true for young people under 30. But older media users are also asked to regularly question their media behaviour and the underlying motives. What is actually driving one's own online behaviour? If you pick up the device to check important e-mails, organise your daily life or make bookings, this is certainly practical and time-saving for the most part. But you might also catch yourself looking at dazzling holiday photos or colourful short videos of complete strangers and this might be accompanied by a feeling of inadequacy or even envy. In addition, there is the danger of manipulation and cyber-bullying, especially among children and young people. But even if one realises that there are simply no more free times because the so-called practical applications extend into every part of daily life, it might be time for a personal stocktaking and behavioural changes. Is there perhaps actually addictive behaviour going on?

After all, it is not only the psychological effects of using mobile phones that play a role; the influence of high-frequency electromagnetic radiation on physical health is also a recurring topic of discussion. This topic was addressed in two presentations at the SANUM conference in 2013 and 2018. These were published as articles in the SANUM-Post.

SANUM therapy offers the preparation MUSCARSAN® D6 in tablet form, for example, to provide psychological support for withdrawal from addictive behaviour. The preparation, made from Amanita muscaria (fly agaric), can help to calm the nervous system and reduce withdrawal symptoms. The recommended dosage here would be 1-3x 1 tablet daily.

To support blood circulation, which can deteriorate under the influence of electromagnetic radiation and lack of exercise, MUCOKEHL® D5 tablets are recommended, of which you can also let 1 tablet melt in your mouth 1-3x daily. If the eyes are strained by frequent screen use, MUCOKEHL® D5 eye drops (2x 1 drop daily) support their regeneration. In case of exhaustion and lethargy, CITROKEHL® drops offer the possibility to stimulate the energy metabolism in order to give oneself a push to discover real life outside the screen again. To do this, add 30 drops to a litre of still water in the



morning and drink it throughout the day.

For additional support with the above-mentioned anxiety problems, you can prepare the suitable essential oil blend "Anxiety" from Biofrid. This is composed of jojoba, bergamot oil, lavender oil, peppermint oil and lemon oil. It provides a clear head and a balancing mood.

Trading forms

MUSCARSAN® D6 Tablets

80 Tablets (also available in other dosage forms)

Dosage

Acute: take 1 tablet every half to one hour, maximum 6 times a day;

Chronic: take 1 tablet 1-3 times daily.

MUCOKEHL® D5 Tablets

20 Tablets (also available in other dosage forms)

Dosage

Take one tablet 1-3x daily.

MUCOKEHL® D5 Eye drops for application in the eye

5 ml dropper bottle (soon also available as single-dose pipettes in Germany)

Dosage 2 x 1 drop daily into the eye to be treated.

CITROKEHL® Mixture of liquid dilutions

30 ml dropper bottle (also available in other dosage forms)

Dosage

Take 1-3x 5-10 drops daily.

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

+++ NEW +++

Explanatory film on SANUM therapy

SANUM therapy uses the power of microorganisms to regulate the various body systems and the immune system. The medicines consist of specific components of bacteria and fungi, which are processed in a unique manufacturing process and are provided as homeopathic deep potencies.

[SANUM-Therapie – simply explains in two minutes](#)



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