



The tired heart

› Countless poems and songs from all over the world focus on it tirelessly and it is also often the centre of attention for therapeutic work - the heart.

The heart of an adult beats around 100,000 times a day. In the process, it pumps up to 10,000 litres of blood through the 100,000 km long vascular system - that is 2.5 times the circumference of the earth.

The heart is a fascinating organ and not only because of its pumping capacity. It produces its own hormones to regulate salt balance and blood pressure. It can be brought into coherence or "out of sync" in various ways and it can literally break under psychological and emotional stress ("broken heart syndrome"). Equally inspiring are the various properties of the blood, which not only ensure the transport of oxygen and carbon dioxide, but also distribute nutrients, hormones and messenger substances, close wounds and can protect the body from infections through specific and non-specific immune defence.

And yet these perfectly coordinated wonders of the body need a certain amount of support throughout their lives so that they do not suffer any damage with all that they do. Diseases of the cardiovascular system account for more than a third (34.3%) of all deaths in Germany. But it is not only the number of years of life that is reduced by these diseases; the quality of life and performance often also deteriorate considerably. Hypertension, coronary heart disease, dysrhythmia and heart failure as well as heart attack are among the typical diseases of civilisation and can therefore often be influenced by lifestyle. Stress, hyperacidity, malnutrition, lack of exercise and social isolation are enormous risk factors.

For the support of this important body system, various preparations are available from the wide range of medicinal products of SANUM therapy. The myco-preparation MUCOKEHL® is used from experience to support diseases of the blood and vascular system, such as congestive diseases. The carboxylic acid preparation SANUVIS® offers support in cardiovascular complaints, cardiac insufficiency and circulatory disorders. The homeopathic preparation STROPHANTHUS from SANUM-Kehlbeck provides support especially in the case of age-related cardiac insufficiency and cardiac insufficiency caused by declining adrenal performance. The food supplement LIPISCOR® with the omega-3 fatty acids EPA and DHA contributes to the maintenance of a physiological triglyceride level and normal blood pressure as well as to normal heart function.

Accompanying this, it is advisable to deal with various methods of relaxation and the attainment of stress resilience and to integrate these into everyday life in the best possible way. The heart will be grateful for a lifetime for a healthy diet according to the recommendations of the SANUM diet, an appropriate amount of exercise and a loving social environment.

Dr. Kracke summed all this up at the end of her lecture "Cardiovascular Diseases - Causes and Treatment Options" at the SANUM Conference 2004 with the following words: "The best doctors in the world are Dr. Love, Dr. Diet, Dr. Rest and Dr. Happiness."



Trading forms

MUCOKEHL® D5 Drops

10 ml Bottle (also available in other dosage forms)

Dosage

Adults and teenagers from the age of 12: 2x 5 drops daily.

SANUVIS® Drops

100 ml Bottle (also available in other dosage forms)

Dosage

1x 60 daily to 1 liter water throughout the day auf 1 Liter Wasser, über den Tag verteilt trinken

STROPHANTHUS D4 Sanum Drops

10 ml Bottle

Dosage

Adults from 18:

for acute conditions maximum 6x 5 drops daily;

for chronic conditions 3x 5 drops daily .

LIPISCOR® Capsules

120 pcs

Recommended intake

3x 2 capsules daily with a meal

Save the date!

56. Medical Week 2023, Baden-Baden

01.-05. November 2023

SANUM-KEHLBECK

**TRAINING SEMINAR (in German) / LUNCH MEETING Samstag 04.
November 23, 12:45-14:15**

Liver and kidneys in modern everyday life - advanced waste management or overburdened disposal system?

› Welcome and Introduction / Moderation

Dr. rer. nat. Dieter Sonntag

› Entrhythmia as a cause of "untreatable" diseases - the special role of the kidneys in the diseases of modern civil society

Dr. med. vet. Anita Kracke



› The liver in modern times: from the place of vital energy to the organ of exhaustion -
treatment strategies of biological medicine with SANUM therapy
Prof. Dr. med. Thomas Dr. Rau

Further information and registration www.medizinische-woche.de

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 made available as homeopathic deep potencies.

[SANUM therapy - simply explained in two minutes.](#)
