



## A weakened immune system – the epidemic after the pandemic

› March is the third anniversary of the start of the Corona pandemic declared by the WHO, and one thing is still noticeable: quite a lot of people are ill in Germany - currently they are suffering mainly from respiratory diseases such as colds, influenza and infections with the RS virus. Covid, on the other hand, is now rather inconspicuous.

Many factors in recent years, from isolation to permanent anxiety, have had a debilitating effect on people's health. Fear in particular had many different faces. Some feared the virus, others the vaccination; there may have been threats to jobs and financial hardship. Even the community - necessary for humans as social beings - was at times no longer available as a safe, reassuring element, as restrictions on contact prevented it. Reading the daily headlines today, one can again find enough reasons to be permanently anxious and thus put the psyche and the immune system under permanent stress. The relatively young science of psychoneuroimmunology investigates the connections between the psyche, nerves and immune system. What emerges confirms the fears of holistic therapists: Permanent stress and anxiety have enormous negative effects on the immune system and on the gut. They can lead to systematic weakening, silent inflammation and finally to chronic diseases. But acute illnesses are also often related to stressful situations. Everyone has certainly observed that on holiday, after a strenuous time, they had to stay in bed instead of lying on the beach.

But where can we find a way out of the vicious circle of weakening, stress and fear? In any case, the world cannot be changed fast enough for it to be beneficial to our health. So for the time being, all that remains is our own perception as an element that can be influenced. The earth will continue to turn even if you are not "up to date". So you can ignore the headlines and the news - and instead, perhaps a walk in the park, a nap out of turn, meditation, some sport, light, air and appreciative social contacts will tempt you. But also gentleness and patience with oneself, if at first even the positive change causes stress, contribute to a more relaxed basic attitude. With a little practice, the vagus nerve and thus the immune system will eventually be pleased.

SANUM offers the "SANUM immune cure" consisting of the Myco and Bacto preparations as effective support for the immune system:

### **FORTAKEHL® D5 Drops –**

to support the mucous membranes and the microbiome

### **SANKOMBI® D5 Drops –**

to support the blood and lymph flow

### **UTILIN® "H" D5 Capsules –**

to support the immune system

optional



**MUCEDOKEHL® D5 Drops –**  
to support the psyche in stressful situations

This cure can be carried out once or several times a year.

<https://www.bkk-dachverband.de/statistik/monatlicher-krankenstand>

## Trade Forms

**FORTAKEHL® D5 Drops**  
10 ml bottle (also available in other dosage forms)  
**Dosage**  
1-3x 5 drops daily.

**SANKOMBI® D5 Drops**  
10 ml bottle  
**Dosage**  
1-3x 5 drops daily

**UTILIN® "H" D5 Capsules**  
5 capsules (also available in other dosage forms)  
**Dosage**  
1-2x 1 capsules per week

**MUCEDOKEHL® D5 drops**  
10 ml bottle (also available in other dosage forms)  
**Dosage**  
1x 8 drops daily.

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

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## The Microbe of the Year 2023 -

### ***Bacillus subtilis***

› The bacterium *Bacillus subtilis* was selected by the Association for General and Applied Microbiology (VAAM) as Microbe of the Year 2023. This bacterium is a true multi-talent and has accompanied us in therapy for many years (UTILIN® "H"). However, the bacterium is also used in many areas of daily life.



Bacillus (B.) subtilis is a gram-positive, flagellated rod bacterium that is capable of forming spores. The bacteria belong to the soil bacteria and are widespread. Bacillus subtilis was first described in 1835 by Christian Gottfried Ehrenberg as Vibrio subtilis. B. subtilis is successfully used in biotechnology, e.g. for the production of vitamin B2, pantothenic acid (vitamin B5) and various enzymes, which play an important role in washing clothes to break down starch, proteins and fat.

A particularly interesting application is the use of B. subtilis in the construction industry. Small cracks in cement can be closed by the bacteria. Spores that are in the cracks germinate as soon as water enters the cracks. The bacteria now form carbonate ions in the concrete and thus close the cracks.

But B. subtilis is also used in agriculture. The bacteria can strengthen the growth of plants by helping them absorb nutrients and making them more resistant to pathogens. The use of B. subtilis in animal farming, especially in chicken farming, protects the animals from frequent intestinal infection and thus contributes to a reduction in the use of antibiotics in stables.

UTLIN® "H", which contains specific components of B. subtilis as the active ingredient, has been used in SANUM therapy for many years.

**UTLIN® "H" is used according to experience for:**

- subacute and chronic inflammations
- complaints in the gastrointestinal tract
- Intestinal, liver and gallbladder dysfunction
- Immune modulation
- Immune prophylaxis
- Hyperthyroidism (Graves' disease)
- Postmenopausal syndrome

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+++ 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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