



The spleen and the immune system - a powerful interaction?

Golden light, warm colours, mild temperatures - late summer, which has recently delighted large parts of Germany, is referred to in TCM as the "transitional season", is known as the "time of the middle" and is assigned to the element earth. This element includes the spleen organ. According to TCM, it is responsible for the transformation of food into energy (Qi) and blood and is therefore a very important organ.

In Western medicine, many people are familiar with the spleen at best from sporting activities, where the area around the spleen can make itself felt through side stitches. Unfortunately, little attention is usually paid to the spleen beyond this. Yet it performs many functions in the body in connection with a healthy immune system, as already described in detail by Dr Kracke at the SANUM conference in 2008.

The spleen is the largest single lymphatic organ and a blood filter station for immunological monitoring. It is the only lymphatic organ that is directly connected to the bloodstream and receives information about potentially disease-causing particles in the blood via a network of resident lymphocytes with dendritic cells (so-called periarteriolar lymphatic sheaths = PALS). In addition, the spleen contains three quarters of all natural killer cells in humans and plays a major role in the formation, maturation and storage of B and T lymphocytes and macrophages. It can rightly be regarded as a centre of defence. People who have lost their spleen due to accident or illness are often more susceptible to infectious diseases or septicaemia.

A "loving" spleen for the immune system

In order to maintain a good immune defence, it makes sense to support the spleen regularly. On the one hand, diet plays an important role here; the following TCM maxim is a good guide: "The spleen loves it warm and dry and hates dampness."

A diet consisting of cooked vegetables and cereals, largely avoiding dairy products, cold drinks, bread and sugar, is a boon for the spleen. A warm breakfast of oatmeal or millet with cooked fruit or vegetables is a "spleen-friendly" start to the day.

SANUM therapy also offers effective support with the myco-preparation PINIKEHL®, made from components of the tree fungus *Fomitopsis pinicola*. If you combine this with the tried and tested SANUM immune treatment before the cold and damp season begins, you increase your chances of staying healthy through the winter.

SANUM-Immunkur plus spleen support:

FORTAKEHL® D5 drops: 1x 5 drops daily (in the morning)

PINIKEHL® D5 drops: 1x 5 drops daily (midday)

SANKOMBI® D5 drops: 1x 5 drops daily (in the evening)

UTILIN® "H" D5 capsules: 1x 1 capsule weekly. (before going to bed)

Duration: 5 weeks



Dosage forms

FORTAKEHL® D5 drops

10 bottle

(Also available in other dosage forms)

Dosage

Adults and young people from the age of 12: 1x 5 drops daily

PINIKEHL® D5 drops

10 ml bottle (Also available in other dosage forms)

Dosage

Adults and young people from the age of 12: 1-2x 5 drops daily.

SANKOMBI® D5 drops

10 ml bottle

Dosage

Adults and young people from the age of 12: 1-2x 5 drops daily

UTILIN® "H" D5 capsules

5 capsules (Also available in other dosage forms)

Dosage

1x 1 capsule weekly. (before going to bed)

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

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.](#)