



Playing together is everything - Singing and making music at Christmas time Impulses for a holistic therapy

Making music and singing has a special tradition in many families and communities at Christmas time. For many people, this is a special feeling that strengthens body, mind and soul.

This effect can even be explained medically. Singing contributes to the release of serotonin, oxytocin and IgA; cortisol, on the other hand, is reduced. It also deepens the breath and improves posture. The Göttingen neurobiologist Prof Gerald Hüther has found that people do not feel anxiety while singing. Singing alone can be a good start - whether in the shower or while driving - because many people find it easier to (re)familiarise themselves with their own voice, especially when no one can hear it. Emotions are activated and reactivated; music is often associated with memories. Who doesn't know that? Singing also requires a lot of complex brain functions, such as keeping time, hitting notes, using different volumes and following melodies. Singing is therefore always associated with the perception and correction of one's own voice. However, according to Prof Hüther, it is only through singing together with others that the social resonance phenomenon occurs. This leads to more compassion, consideration and responsibility - also in other areas of life - through attunement to others and interaction. From its origins, singing is designed for togetherness. Hüther also describes singing as 'power food for children's brains' and balm for the soul.

The world of children is often characterised by overstimulation, fast pace and performance comparisons. Intentional, cheerful singing, on the other hand, brightens every child's mood and strengthens resilience.

Even in hospitals, singing groups are successfully used as a therapy support measure for seriously ill people. In their meta-analysis, Daykin et al. found that anxiety disorders were reduced by 21% and depression by 43% when people with corresponding symptoms took part in singing groups.

Holistic therapy is all about the interplay of body, mind and soul. SANUM therapy is an 'instrument' that could also be compared to a choir. Sometimes many voices are needed for a good result, sometimes just one is enough to provide an effective, regulative impulse. For example, MUCOKEHL® can be used as a single impulse to support blood circulation, blood flow and microcirculation. NIGERSAN® can be used individually to support the lymph flow and the solid structures in the body. A mutually complementary duo is achieved when both are used together as SANKOMBI® to support the basic constitution of the body. Finally, this is rounded off by the carboxylic acid preparations SANUVIS® (for regulating the environment) and CITROKEHL® (supporting the energy metabolism), in so-called potency chords. They offer a harmonious interaction of different potencies, e.g. D4, D6, D12, D30, D200. The combination of



MUCOKEHL® with SANUVIS® and NIGERSAN® with CITROKEHL® creates a particularly harmonious interplay. Therapy for the well-being of body, mind and soul encompasses many levels, which can range from medication to making music and singing.

With the following quote from Lord Yehudi Menuhin, we wish you all an atmospheric Christmas season and a peaceful end to the year.

'If we humans understand ourselves as a body of sound, as a musical instrument in the symphony of creation and learn to pacify ourselves by singing again and again, then the wounds we have caused to the earth can probably also heal - along with our own recovery through music.'

Trading forms

MUCOKEHL® D5 Drops

10 ml bottle (also available in other dosage forms)

Dosage

Adults and adolescents from 12 years: 2x 5 drops daily.

NIGERSAN® D5 Drops

10 ml bottle (also available in other dosage forms)

Dosage

Adults and adolescents from 12 years: 2x 5 drops daily.

SANKOMBI® D5 Drops

10 ml bottle

Dosage

Adults and adolescents from 12 years: 2x 5 drops daily.

SANUVIS® Drops

100 ml bottle (also available in other dosage forms)

Dosage

Adults and adolescents from 12 years of age:

1x 60 drops per day in 1 litre of water, to be drunk throughout the day

CITROKEHL® Drops

100 ml bottle (also available in other dosage forms)

Dosage

Adults and adolescents from 12 years of age:

1x 30 drops daily in 1 litre of water, drink throughout the day



Christmas recipe for elderberry punch

- 1 litre elderberry juice
- 2 litres apple juice
- 1 organic lemon
- 3 cloves
- 1 stick of cinnamon
- a little honey

Pour the elderberry juice and apple juice into a large pan. Wash the untreated lemon thoroughly, cut into slices, add together with the cinnamon sticks and cloves and heat gently over a medium heat for 15 minutes. Make sure that the punch does not start to boil. Serve the punch hot and sweeten with a little honey to taste.