



Congestion in the system -

Support for venous disorders with SANUM therapy

The body's venous system collects the deoxygenated blood and returns it to the heart. To do this, the veins have to transport around 7000 litres of blood every day, often against the force of gravity. The blood in the extremities is transported from the superficial to the deep veins. The venous valves prevent backflow. The elastic veins also serve as blood reservoirs, holding around 85% of the blood volume.

According to a health report by the RKI, 9 out of 10 adults suffer from at least a minor change in the leg veins. These manifest themselves harmlessly in the form of spider veins, but in serious cases can lead to serious illnesses. The frequency and severity of venous disorders increase with age. These can be divided into acute and chronic courses. Acute conditions mainly include thromboses and embolisms; chronic conditions are mainly found in the legs. These include varicosis (varicose veins) and, as a result, venous insufficiency with oedema and skin changes, including ulcers.

Risk factors for thrombosis include genetic predisposition, older age, certain diseases such as cancer and cardiovascular diseases, but also air travel, major surgery, obesity and the use of hormone supplements. The situation is similar in the case of varicose veins: Age is probably the greatest risk factor, closely followed by obesity, smoking, lack of exercise and dehydration. Prevention can be achieved primarily through a healthy diet, e.g. according to the principles of the SANUM diet, and exercise, i.e. by regularly activating the muscle vein pump.

Various preparations from the SANUM therapy repertoire are available to support the venous system. The myco-preparation MUCOKEHL® can generally be used for diseases of the blood and vascular system, including the venous congestion diseases mentioned above. The connective tissue, which is often weakened in venous diseases, can also be treated with NIGERSAN®. The carboxylic acid preparation SANUVIS® offers support for cardiovascular complaints, heart failure and circulatory disorders.

The complex homeopathic phyto-preparation V-Th-E-Kuhl can also be used. This offers a fine interplay of the following substances: Apis mellifica, Arnica montana, Artemisia absinthium, Calendula officinalis, Clematis recta, Echinacea angustifolia, Hamamelis virginiana, Hydrargyrum bichloratum, Pulsatilla pratensis, Ruta graveolens, Taraxacum officinale, Urtica urens. The preparation, which was developed by the physician and biologist Dr Johannes Kuhl more than 50 years ago, can be used for the supportive treatment of venous congestion and pain due to drainage disorders.

Panta rhei (everything flows): In addition to all the physical considerations, it might also be worth thinking about whether everything in your own life is in a state of flow, or whether there is a state of stagnation here and there that you would like to transform, let go of and thus get flowing again - after all, this is the natural original state of all things.



Trading forms

MUCOKEHL® D5 drops

10 ml bottle (also available in other dosage forms)

Dosage

Adults and adolescents from 12 years: 1-2x 5 drops daily.

NIGERSAN® D5 drops

10 ml bottle (also available in other dosage forms)

Dosage

Adults and adolescents from 12 years: 1-2x 5 drops daily.

SANUVIS® drops

100 ml bottle

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

V-Th-E-Kuhl drops

30 ml bottle

Dosage

Adults and adolescents from 12 years of age:

acute: maximum 12x 5-10 drops daily

chronic: 1-3x 5-10 drops daily.

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