



The garden is calling and then the couch? A good companion: a SANUM spring set

The weather has changed a lot in the last few days and there is now a hint of spring in the air. The first harbingers of spring such as snowdrops and crocuses are already blooming, birds are singing and flying busily around the garden in search of a suitable nesting place. After the long winter break, amateur gardeners are itching to get back into the garden! Despite all the joy and relaxation in the garden, after the first work sessions, muscles that are often untrained from the winter may start to complain. The initially unfamiliar movements lead to sore muscles, muscle tension and, in the worst case scenario, a pulled muscle, which means that the gardening fun ends unintentionally on the couch.

To prevent this from happening, you should take things a little slower in the initial phase. If you notice that you are very stiff, stretching exercises help to prepare the muscles for work again. If it does happen, MUCOKEHL® D3 ointment and SANUVIS® D1 ointment externally, SANUVIS® drops and ALKALA® "S" internally are the SANUM medicines of choice.

Experience has shown that MUCOKEHL® D3 Ointment can be used to support the treatment of musculoskeletal disorders:

- Swelling
- Contusions
- sprains
- sciatica
- haematomas

MUCOKEHL® is well supported by dextrorotatory lactic acid (SANUVIS®). Experience has shown that SANUVIS® D1 ointment is used to support circulatory disorders and muscle and joint pain. In this case, MUCOKEHL® and SANUVIS® can be used alternately on a daily basis. Internally, the process can also be supported with SANUVIS® drops and ALKALA® "S".

The minerals in ALKALA® "S", i.e. magnesium, calcium and potassium, are important for proper muscle function; magnesium also has an antispasmodic effect. A possible deficiency of these important nutrients can be compensated for with an additional dose of minerals.

If you take a short break in the sun during or after gardening, you soon realise that you are not alone. The first mosquitoes have also found their way into the garden. And in view of the high water levels



still prevailing in some areas, there will probably be a lot more mosquitoes to come. To avoid being helplessly at the mercy of these little pests, you can apply the essential oil blend "Insect Bites" to your arms and neck before gardening.

The mixture contains rose geranium oil (*Pelargonium graveolens*), eucalyptus oil (*Eucalyptus maculata citridora*), lavender oil (*Lavandula angustifolia*), cedar oil (*Cedrus atlantica*) and has insect repellent, cooling and pain and itch-relieving properties.

The SANUM detox programme

MUCOKEHL® D3 ointment

30 g tube

Dosage

Apply a thin layer 1-3 times a day to the affected areas of skin

SANUVIS® D1 ointment

30 g tube

Dosage

Apply a thin layer 1-3 times a day to the affected areas of skin

SANUVIS® drops

100 ml bottle

Dosage

3x 60 drops daily

Alkala® "S" powder

250 g powder/can

Dosage

1-2x 1 heaped teaspoon per day