



## Don't panic about the next wave

Most pathogens of flu-like infections enter your body through your nose and mouth. Viruses that cause cold symptoms sometimes open the way for bacteria to cause a "superinfection." Any further C-Booster-Jab weakens your immune system. Here are some tips for prevention:

- Some viruses have a higher survivability in dry air [1]. You can use a humidifier (available at low cost in drugstores for hanging on the heating system) and a hygrometer (available for about 15 €) to ensure a healthy indoor climate, whereby the relative humidity in your rooms should be between 40 - 60 %.
- Because the dry heating air dries out the mucous membrane layer that otherwise protects against viruses and bacteria - whereby this mechanism is impaired at lower temperatures - make sure to drink enough and at short intervals. In addition to still water (room temperature!), teas with a germicidal effect, e.g. sage or nettle tea, are suitable.
- Exercise in the fresh air, sufficient sleep and a vitamin-rich diet tune up your immune system. Vitamin C, D, zinc and selenium are the main activists [2].
- Vitamin D: According to current research, a daily intake of 4000 IU is more useful than a depot product [3]. It activates both the innate and the acquired immune system and thus protects against inflammation of all kinds. An existing infection consumes an increased amount of this vitamin. In the northern hemisphere the amount of vitamin your body can produce through sun exposure is definitely too little during the winter months. The level in your blood should be 50 ng/ml or 125 nmol/l. If you suspect a deficiency (pain, fatigue, frequent infections...) have it checked by your family doctor. A very recent book proves that the vitamin is a valuable protective barrier, especially against Covid [4]. However, it should be checked regularly when taken, because as a hormone it constantly interacts with other hormones and can thus influence their effect.
- Your immune system benefits from sunshine, temperature stimuli (e.g. alternating showers or sauna), relaxation (from listening to music to relaxation techniques).
- Felt support through social contacts has been proven to increase the functioning of your immune system. Therefore, maintain regular contact with loving, life-affirming, optimistic and reliable people.

### Literature

[1] Kudo E et al. Low ambient humidity impairs barrier function and innate resistance against influenza infection. Proc Natl Acad Sci USA 2019, <https://doi.org/10.1073/pnas.1902840116>

[2] Gombart AF et al. Review of Micronutrients and the Immune System-Working in Harmony to Reduce the Risk of Infection. Nutrients 2020, <https://doi.org/10.3390/nu12010236>

[3] Griffin Get al. Perspective: Vitamin D supplementation prevents rickets and acute respiratory infections when given as daily maintenance but not as intermittent bolus: implications for COVID-19. Clin Med (Lond) 2021, <https://doi.org/10.7861%2Fclinmed.2021-0035>

[4] [Vitamin-D3-and-the-Great-Biology-Reset.pdf \(worldcouncilforhealth.org\)](#)

