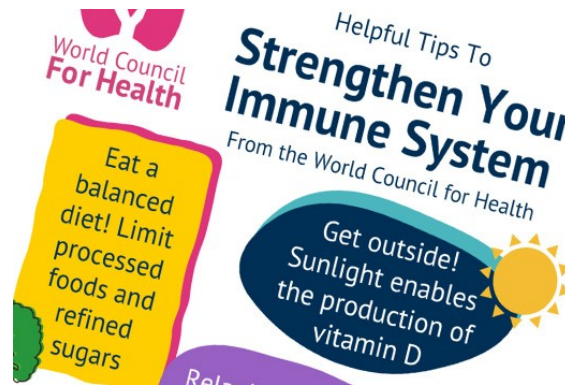




Your self-healing powers – and what you can do for them



<https://www.worldcouncilforhealth.org/flyers/>

Fresh mornings and evenings, yet still summer-warm during the day—that is how the season begins when the sniffing and coughing start up again. First, here are a few tips—likely familiar to you—to help you navigate the transition from summer to autumn and winter without any unpleasant side effects:

- Dress in layers so you can add or remove clothing depending on the temperature; feeling chilly or being exposed to drafts can lead to joint discomfort and muscle tension.
- Start your morning shower with warm water, then switch to lukewarm for half a minute; after a few days of getting used to it, switch to cold water.
- Replace the detoxifying sweating associated with summer heat by visiting a sauna during autumn and winter. Ensure the temperature is gentle on your heart and circulatory system.
- Stay hydrated: Heated indoor air dries out protective mucous membranes. Drinking still spring water or purified tap water helps flush out toxins and metabolic waste products, preventing the accumulation that can impair your immune system.
- When exercising outdoors, keep your head warm and use a scarf to avoid breathing in freezing air. Outdoor activity also ensures you get enough light for your body and mood, despite reduced sunlight exposure.
- Less sunlight leads to higher production of the sleep hormone (melatonin) compared to the happiness hormone (serotonin). Ensure you get enough sleep [1]—crucial for a strong

immune system—and consider using full-spectrum daylight lamps to compensate for the lack of sunlight.

- Nutrition: About 70% of your immune system is located in the gut. Support your digestion by avoiding high-fat foods and raw vegetables in the evening and by practicing a "keto" approach 1–2 times a week (taking a 12–14 hour break between meals). This promotes autophagy—the process of clearing out dysfunctional cells and removing cellular waste—thereby continuously relieving the burden on your immune system. Include foods rich in magnesium, iron, zinc, copper, iodine, selenium, and vitamin C—as well as vitamins A, B, D, and E—in your diet. You can find plenty of ideas here [2].

Don't be afraid of microorganisms

It's not the pathogen itself, but the environment it enters that leads to illness. Only when your body's own defense system is weak or out of balance can certain pathogens multiply and cause the familiar symptoms. All measures/remedies that strengthen your immune system have the following characteristics:

- They are anti-inflammatory and have an antioxidant effect (neutralizing free radicals). Oregano oil is one example.
- They keep bacteria, viruses, parasites, or fungi in check, e.g., olive leaf extract.
- They activate the formation/function of immune cells without causing an overreaction (therefore also suitable for autoimmune diseases such as Hashimoto's thyroiditis, ulcerative colitis, polyneuropathy, etc.).

Eliminate or reduce as much as possible:

- Processed foods, foods high in unhealthy fats, white flour and sugar, sugary drinks, and alcoholic beverages.
- Excessive physical training, especially in poorly ventilated gyms.
- Tobacco, including the use of e-cigarettes [3].
- Excess weight with a high proportion of abdominal fat often causes hidden, persistent inflammation in the body, accompanied by chronic immune system weakness and a resulting susceptibility to infection [4].
- Medications such as antibiotics, cortisone, and TNF-alpha blockers, or sleep-affecting drugs like painkillers, antidepressants, and blood pressure medications weaken your immune system [5].

Reducing Stress

We are facing a very challenging time—not only due to the changeable weather but also regarding global events [6] and from an astrological perspective [7]. Your resilience and mental stability are called for. What can you do?

- Remind yourself of everything beautiful in your life. Open your eyes to every small joy in your daily routine and be grateful for it.
- Treat yourself to relaxing moments with tasty teas that boost the immune system (e.g., ginger tea), fragrant full baths, an inspiring book, or humorous movies. Laughter is healthy!
- Avoid fear-mongering and alarmism on the internet or social media.

- Most importantly: Connect with your local community and nurture your circle of friends. You can also find tips here [6] on how to get active with others. Simply staying informed is no longer enough; the support of like-minded people and taking action together are the most valuable things for maintaining mental and physical stability.

Resources

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