Applications from elementary health care
(Elementare Gesundheitspflege®)

INDIVIDUAL
VITAL FORCES AND IMMUNE SYSTEM STRENGTHEN
TRAUMA RELIEF

... with the shell-shaped ones arched hands on the sternum.



In doing so, you reflect on your own body heat and promote the blood flow to the sternum.

This is where the T lymphocytes that strengthen the immune system are formed.

Remain calm for at least three minutes!

In the resonance space of the hollow hands you amplify your own body heat like a source of life.

At the same time, they activate the ingenious gifts of self-regulation to stay healthy or become healthy.



Application from the concept of elementary health care according to Erna Weerts

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According to the Swedish hormone researcher Prof. Kerstin Uvnäs-Moberg, a touch that is experienced as pleasant increases the body's production of oxytocin. This in turn strengthens the parasympathetic nervous system, which is associated with relaxation, well-being, regeneration, pain relief and healing [1].

According to the preventive medicine specialist Prof. Gerd Schnack, targeted external applications can have a calming influence on the entire body and soul and with what he calls the "great calm nerve", - known as the vagus nerve relationship. [2].

The Leipzig haptics researcher, Prof. Martin Grunwald, writes about the effects of relaxation-promoting touch: "Measurable changes can also be seen at the level of immunological markers that can be detected in the blood. Numerous studies have shown that the immune system stabilizes after intense touch stimuli and that anti-inflammatory processes are accelerated [3]."

The effects experienced through the use of Elementary Health Care can also be experienced as increased heat formation under the shell-shaped hands. The physiologist and biochemist Prof. Eberhard Zimmermann already wrote in an endorsement (dated December 16, 1997) of the approach: "The capillary blood circulation in the final circulatory system of the human circulation is the most important process for the supply and disposal of cell groups and organs. Every nursing Measure for Increasing peripheral blood circulation through surface massages or heat showers promotes circulation in poorly supplied areas and significantly improves the chances of healing."

The pioneer in the development of nursing science in Germany, Prof. Ruth Schröck, has accompanied and promoted the EGP approach from the beginning. She expressly recommends these regulatory applications [4].

[1] Uvnäs-Moberg, K. (2016). In U. Streit & F. Jansen (Hrsg.), *Oxytocin, das Hormon der Nähe. Gesundheit – Wohlbefinden – Beziehung* (S. 50-55). Berlin/ Heidelberg: Springer Spektrum.
[2] Schnack, G. (2016). *Der Große Ruhe-Nerv* (S. 54-59). Freiburg im Breisgau: Herder.
[3] Grunwald, M. (2017). *Homo Hapticus. Warum wir ohne Tastsinn nicht leben können* (S. 159). München: Droemer.
[4] Schröck, R. (2016). Geleitwort. In: Erna Weerts (2017): *Dynamisierende Selbstregulation* (S.16f). Nidda: hpsmedia.