

ALLERGY, PHILOSOPHY

SALUTOGENESIS

10.04.2007

I am still thinking about coping and resilience, and have read again Antonovsky's salutogenesis concept of a continuum between health and disease.

If we are not lucky to find any risk factor, maybe we can find factors that keep us healthy?

I am more and more convinced that the WHO definition of Health is a *Fata Morgana*; allergy research could greatly profit from a salutogenesis approach. Here is my simplified re-drawing the basic mechanisms:

