

ALLERGY, PHILOSOPHY

# SALUTOGENESIS

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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:

