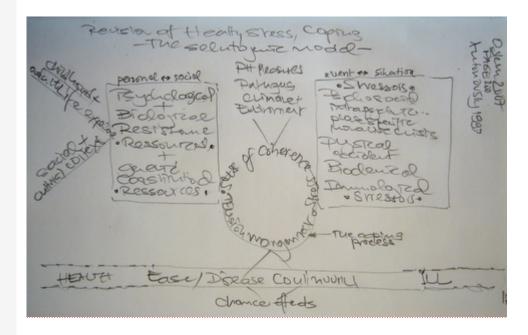
ALLERGY, PHILOSOPHY

SALUTOGENESIS

10.04.2007

I am still thinking about coping and <u>resilience</u>, and have read again <u>Antonovsky</u>'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 redrawing the basic mechanisms:



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