

SCIENCE . TECHNOLOGY

THE SCIENCE OF...

4 x 30' (GER, ENG subs)

The human body is still full of mysteries. We introduce you to its complex functions of and show you innovative solutions.

The many functionalities of the human body remain a mystery, although it has been the subject of research for ages. In our rapidly changing society, social pressure on the populace is steadily increasing. The result: anxiety attacks, sleep disorders, and people are becoming sick more often- both mentally and physically. What environmental factors cause these conditions? What solutions are there to tackle anxiety attacks and sleep disorders? What role does our mentality play in the way our immune system functions? Alcohol has shown to be a poor solution to these issues, but researchers are looking into a potential new alcohol substitute. The series "The Science of..." introduces us to the complex functions of the human body and shows innovative solutions of how to sustainably fight these problems - be it a digital app, new drugs without side effects, or simple lifestyle changes.

Episodes:

1. Sleep
2. Anxiety
3. The Immune System
4. Alcohol

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