

# Schüssler Express

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## GENITO-URINARY TRACT PROBLEMS –

### UTI (urinary tract infection), Cystitis...

**A**cute infections of the urinary tract (ureter and urethra), bladder and kidneys should not be taken lightly and it is essential to act immediately. At the first signs Schüssler-Salts are often quite adequate and have established as effective assistants. Should however a treatment with antibiotics becomes necessary Schüssler-Salts are a valuable support and accompaniment.

The development of urinary tract problems is favoured by cold (cold feet, sitting on cold stones, etc.) and wrong wiping after bowel motion. Most frequent pathogens are Escherichia coli-bacteria and cocci.

#### Three Salts in particular important

- No. 3 Ferrum phosphate 12X
- No. 4 Potassium chloride 6X
- No. 9 Sodium phosphate 6X

At the first signs and symptoms administer No. 9 Sodium phosphate 6X and No. 3 Ferrum phosphate 12X (1<sup>st</sup> stage of inflammation) – one tablet every five minutes in alternation for the first one to two hours (i.e. one tablet of No.3, five minutes later one tablet of No.9, etc.). When complaints ease take tablets in to quarterly to half hourly intervals. When experiencing only slight remaining complaints administer No. 4 Potassium chloride 6X (2<sup>nd</sup> stage of inflammation) – one tablet every half hour to hour during the first day,

then one tablet three to six times daily.

However, in case of minute remaining complaints – extremely rare with timely administration – No. 6 Potassium sulphate 6X (3<sup>rd</sup> stage of inflammation) is recommended.

#### Chronic urinary tract problems

**Tip:** In case of chronic, recurring inflammations of bladder and urinary passages the biochemic remedy No. 12 Calcium sulphate 6X and/or No. 11 Silica 12X are the minerals of choice; alternatively the supplementary remedies No. 16 Lithium chloratum 6X or No. 24 Arsenum jodatum 6X are also suitable.

Supporting assistants are: cranberry juice, ascending footbaths and birch sap to stimulate the flushing of the kidneys. For deacidification and to contain germinal growth natron powder may be used, especially at the start of the complaints, in order to alkalisate the urine: Dissolve one to two teaspoons in a litre of water and drink during the course of the day.

**Important:** If problems persist medical advice should be sought!

Günther H Heepen  
German Association of Biochemistry (BBD)

The Institute of Biochemic Medicine (Asia Pacific) is a branch of the German Association of Biochemistry, founded at Oldenburg (Germany) in 1885

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## Important Notice:

### THE SODIUM'S

There appears to be a misconception regarding the use of the "Sodium's" – there is **NO** time limit on how long they should be used ! The Sodium Salts: Natrium Chloride (No.8) – Natrium Phosphate (No.9) and Natrium Sulphate (No.10), should be used as all other minerals till the required result has been achieved. Sodium Phosphate is the acid base balance mineral, and can be used on a regular basis – Sodium Chloride is required for the distribution of fluids, and Sodium Sulphate for excretion.

We suggest you refer to your study notes. There is NO time limit nor has there ever been a time limit of use imposed by the German Association of Biochemistry or the European Institute of Biochemistry; nor in any other teachings of this organisation. Any queries should be directed to The Institute email address: [biochemics@bigpond.com.au](mailto:biochemics@bigpond.com.au)

### ASSISTANCE WITH TREATMENTS

(Practitioners who have completed the Diploma course "The Clinical Science of Biochemic Therapy)

May we remind practitioners that all enquiries regarding treatments, dosages, protocols etc., and any "specialist issue" treatment requests should be forwarded to this office [biochemics@bigpond.com.au](mailto:biochemics@bigpond.com.au) to include history, signs symptoms, medical diagnosis, if applicable, where possible a full facial / and profile photograph together with your recommendations for treatment.

### PRACTITIONER INFORMATION

In the interests of advertising your practice and your association with Schüssler minerals, it is possible to register with the 'Natural Therapy Pages' under the heading of Biochemic Therapy – for more information visit. [www.ntpages.com.au](http://www.ntpages.com.au)

*We understand there is an annual fee payable*

## Resignation

### Sylvia Kaval, (Western Australia)

Sylvia has tendered her resignation as trainer for The Institute of Biochemic Medicine (Asia Pacific) in WA (Perth). We thank her for all her assistance over the past years, and wish her well for the future.

The new policy for training will take effect from the 1<sup>st</sup> of January 2015 – senior lecturers and trainers from offices in Europe and Asia will be conducting courses in conjunction with the Institute Asia Pacific Branch.

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