

Schüssler Express

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Arthritis and primarily Chronic Polyarthritis

Arthritis is an inflammation of joints; in addition osteoarthritis may be present. The primary chronic polyarthritis falls in the category of rheumatic diseases; multiple joints are inflamed (poly = multiple).

The following tissue salts are essential – and more than three minerals are of importance due to the severity of the illness. *(They may also be taken in daily alternation, for example day one minerals No.4, 7 and 10 – the next day No. 17 and No.22):*

No. 4 Potassium chloride 6X – for inflammations

No. 7 Magnesium phosphate 6X – for pain

No. 10 Sodium sulphate 6X – for excretion, and metabolism

No. 11 Silica 12X – for cartilage structure

No. 17 Manganum sulfuricum 6X – for joint structure

No. 22 Calcium carbonicum 6X – the bone salt

Administration: Of each salt take two to four tablets a day – together they can also be dissolved in water. This Schüssler-Drink is then consumed during the course of the day (tip the bottle upside down before taking a sip, thoroughly insalivate).

Additionally: Cream compresses with creams No. 1 Calcium fluoride and No. 11 Silica – mix creams together and apply as a compress overnight (compress – cream is applied liberally and covered with a bandage). During the day apply cream No. 4 Potassium chloride.

Experience from the practice: A 65 year old patient suffered from chronic polyarthritis and osteoarthritis in the knee and complained about pain in all joints. In addition a carpal tunnel syndrome was present and she complained about 'numb fingers'. She had been prescribed the following medication: Cortison 5 mg and diclofenac tablets.

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Her facial signs indicated the following mineral deficiencies: No. 1 Calcium fluoride, No. 3 Ferrum phosphate, No. 4 Potassium chloride, No. 11 Silica and No. 12 Calcium sulphate.

The treatment commenced with the 'Sulphate-Cure' (see below) for four weeks; followed by the administration of the tissue salts No. 1 Calcium fluoride 12X (4 tablets a day), No. 4 Potassium chloride 6X (6 tablets a day) and No. 11 Silica 12X (4 tablets a day). She was also advised to strictly avoid eating pork, use spelt in her nutrition; furthermore she should avoid sweets and drink at least 1.5 l of water a day.

The therapy lasted approximately 7 months when the patient declared she no longer experienced any pain and stopped all medically prescribed medications. At the same time she continued taking the Schüssler-Salts No.1, 4 and 11 in order to prevent a relapse.

'Sulphate-Cure'

(Detoxification and chronic Conditions)

This 'cure' includes the three sulphate-salts No. 10 Sodium sulphate 6X, No. 12 Calcium sulphate 6X and No. 6 Potassium sulphate 6X, stimulates the excretory organs kidney, intestine and liver, and the lymphatic flow. In Schüssler biochemistry the sulphate salts are regarded as blockade crushers, when no therapy or no other mineral might quite work. Hence it is suitable as an entry point to all chronic conditions. The sulphate salts also have a slightly anti-inflammatory effect.

Administration:

- **Morning: No. 12 Calcium sulphate 6X** – 5 to 10 tablets dissolved in hot water (analogue 'Hot Seven')
- **Before lunch: No. 10 Sodium sulphate 6X** – same administration
- **At night: No. 6 Potassium sulphate 6X** – same as No.12 and No.10



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Duration: 4 weeks

During this time consider avoiding all sweets (cakes, chocolate, lollies, etc.), and protein-rich meals (meat, cheese, etc.) after 6 pm. Increase the consumption of vegetables, salads, and drink at least 1 ½ litres of water each day. Before sleep apply a 'liver compress' (place a hot and damp cloth below the right rib cage, put a hot water bottle on top and leave for ca 15 minutes). Additionally, drink a measuring cup of dandelion juice (chemist, health shop) two to three times a day.

Experience from the practice: A 48 year old patient described her complaints: Menopausal problems like hot flushes and attacks of sweating, weight gain by eleven kilograms; depressions, sleeping disorders, constipation and acne. No natural treatments such as homoeopathy, acupuncture, etc. had been successful in three years.

Due to an obvious therapy blockage she was advised to follow the four week 'Sulphate-Cure' (No.12, 10, 6 – each prepared and administered as 'Hot Seven').

Before going to bed prepare a drink using 3 tablets of each mineral No.7, 11 and 21 ('Hot Seven').

Furthermore, she was advised to take a ½ hour walk every evening and apply a liver compress. After four weeks her sleeping conditions had distinctly improved, so had the depressive symptoms. The acne spots were healing and the hot flushes no longer occurred; and to top it off she had lost three kilograms.

Günther H. Heepen

He who goes gently goes safely; he who goes safely goes far.

Joseph Thompson

Reading this quotation recently I could not help but think of Dr. Schüssler who always insisted that the right mineral in the right place at the right time ensured success...

A.Sutton

Cystitis

A common enough problem among females cystitis is a urinary infection caused when bacteria – mostly common E. coli, which naturally live in the bowel – get into the bladder. This species of bacteria is very mobile and easily gets into the urethra – the tube that takes urine from the bladder through which we urinate – often due to tight underwear, or poor hygiene. Bacteria are able to move up a woman's urethra, which is shorter than men's and into the bladder in less than an hour.

Once inside the bladder, the average cystitis infection will start with a few thousand bacteria, but will quickly reproduce to around 20 million in 48 hours – The body's immune response causes the bladder walls to become inflamed making urination painful. Mild cystitis usually clears up on its own within a few days although sometimes you may need to take antibiotics.

The treatment using the Biochemic Minerals of Schüssler is as follows:

A warm bath in which up to 20 tablets of No 12 Calcium Sulphate 6X has been dissolved.

The tablets No. 3, 4, 6, 9 and No.12 as required, following your signs, symptoms and facial analyses.

Tip: We have found that the following prescription is of great value – No. 3 Ferrum phosphate 12X and No. 4 Potassium chloride 6X – two tablets of each before meals, No. 6 Potassium sulphate 6X – two tablets after meals, and separately two tablets of No. 12 Calcium sulphate 6X after each meal. Duration of treatment varies from a few days to up to a week in more serious cases

Milk Allergen Information

This card may prove most useful in the clinic.

<https://www.allergyfacts.org.au/images/pdf/MILK616.pdf>

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