

Schüssler Express

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Switch the Body to summer time

Schüssler-Salts with Phosphate provide Energy

Our body draws its energy from a biochemic process in the cells. Some people may remember this from biology class: With the release of phosphate ATP (adenosine triphosphate) is split into ADP (adenosine diphosphate). The previously in the compound stored energy is released and is available to the cell. Schüssler-Salts are able to purposefully support this process in order to prepare the body for particularly energy intense challenges.

Schüssler-Salts are traced to Dr Wilhelm Heinrich Schüssler. In scientific experiments he also recognised the importance of phosphates for the health among others. Hence in the selection of his remedies he also incorporated the phosphate compounds. Schüssler-Salts containing phosphate support energy intense processes like oxygen uptake, nerve supply or muscle activity.

Schüssler-Salts No. 3 Ferrum phosphate 12X, No. 5 Potassium phosphate 6X and No. 7 Magnesium phosphate 6X are especially suited for the release of energy in the cells. However one can take advantage of this in order to adjust the body to higher energy consumption, as is required for numerous activities.

Schüssler-Salt No. 3 Ferrum phosphate 12X

Boosts the coupling of oxygen molecules to the red blood cells and thus also ensures a solid brain power. This is a vital requirement for good alertness and high concentration.

Disclaimer – Every effort has been taken to ensure that the information provided complies with current Institute practices and knowledge at the time of going to press, but should not be considered as a replacement for competent medical advice. The reader retains responsibility for whatever actions they may or may not take. The author and publisher do not assume liability for possible damage or injury resulting from the practical advice offered in the publication.

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Schüssler-Salt No. 5 Potassium phosphate 6X

Is regarded the *Schüssler-Power-Remedy* and the most important choice for mental and physical fitness.

Schüssler-Salt No. 7 Magnesium phosphate 6X

Promotes the transmission of nerve impulses and muscle function. Furthermore it is good for stress.

The trio is also recommended for sportspersons. Athletes require 4 to 8 times more energy than people with normal activities. A person weighing 75 kg uses approximately 100 kcal per hour in an office job. In the same time a badminton player uses ca 500 kcal.

Used together all three minerals mobilise the energy reserves.

Recommendation

At a time dissolve 5 tablets in hot water and sip slowly.

- No. 5 Potassium phosphate – Morning
- No. 3 Ferrum phosphate – Noon
- No. 7 Magnesium phosphate – Night

The treatment can be applied for 3 weeks.

Günther H Heepen
German Association of Biochemistry



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Borreliosis (Lyme disease)

There has been considerable debate on the subject of Borreliosis and the statement by some medical authorities that "it does not exist in Australia". Sadly they seem to be a little out of touch with reality in that more and more the problem is being diagnosed.

Mineral treatment: No. 3, 5, 8 and 10

(and can accompany any medical treatment offered which is usually antibiotics...). Consider the function of each mineral; check facial diagnostics and other signs and symptoms.

Recommended administration:

- o **No. 3 Ferrum phosphate 12X** – 2 tablets before each meal
- o **No. 5 Potassium phosphate 6X** – 5 tablets first thing in the morning on rising
- o **No. 8 Sodium chloride 6X** – 2 tablets after each meal
- o **No. 10 Sodium sulphate 6X** – 2 tablets before sleep

Notes from the Dentist's practice

I attended a 45 year old female patient who was extremely nervous pending an extraction. She was in fact almost completely lacking in self-control, and to my surprise fainted in the chair before my even attempting to carry out the extraction. She finally refused treatment on that day, but assured me she would follow my prescription of Kali Phos and Ferrum Phosphate – five tablets of each once per day for two weeks.

She returned three weeks later and was so much improved that she had lost all fear, and in fact was perhaps one of the easiest patients I had worked on when it came to an extraction.

Dr J. Durrant BDS

An 'Osteoporosis-Treatment' using Tissue Salts

Osteoporosis is an affliction concerning the skeletal system characterised by abnormal structure of bone mass/bone substance (remodelling) and a thereby pathological bone mutation. The reduced bone density, in case of osteoporosis, eventually leads to a massively increased fracture imperilment to some extent.

The following Schüssler-Salts are essential; they all occur naturally in the bone tissue:

- No. 1 Calcium fluoride 12X
- No. 2 Calcium Phosphate 6X
- No. 7 Magnesium phosphate 6X
- No. 11 Silica 12X

Administration: Of each mineral take 2 tablets during the course of the day for at least six months.

Practical experience: A 76 year old patient suffered from severe pain in the vertebral body and pelvis; causing restricted movement. The following Schüssler-Salts were prescribed: No.1 Calcium fluoride 12X, Calcium Phosphate 6X, No.7 Magnesium phosphate 6X and No.11 Silica, 12X – 2 tablets of each mineral per day. After eleven weeks the pain had significantly reduced and there was a clear improvement in mobility.

German Association of Biochemistry

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