

Schüssler Express

#36



Allergies – Development and Biochemic Treatment

Allergies are everywhere

As a result of the high living standard of the industrialised society the number of allergy sufferers has exponentially increased in the last decades. We are aware of the countless allergy triggers from all spheres of life: pollen, animal hair, chemicals in fabrics and living environment, foods, body care products, perfumes and essential oils, detergents, etc. etc. Practically everything we somehow get into contact with can trigger an allergy, with a corresponding disposition.

How do allergies develop?

1. Example: When a child (a patient) stepped into a wasp's nest while playing. She was immediately attacked by many wasps and stung numerous times but, thank God, survived. It is almost self-evident that this person is allergic, particularly against wasp stings; since one sting could provoke an anaphylactic shock.

2. Example: A young girl had to stay with her aunt and uncle's family. However, she suffered stress due to the separation from her mother. The family had a cat. The child, now 23 years old, has had a severe allergic reaction to cat fur since then.

These examples illustrate that in the first instance allergies are often connected to psychological or physical stress or trauma. All in all, apart from the genetic disposition, a random trigger 'pushes' the emotional conflict onto a physical level.

Treatment using Schüssler-Salts

Schüssler biochemic remedies assist in the treatment of allergies, as they are available for internal use as well as in form of creams for external application. As the minerals, prepared in the homoeopathic 'dilution', help regulate the cell function neither initial aggravations nor other unfavourable effects are expected. To the contrary: They decisively support the effectiveness of other methods, in that the dosage of allopathic remedies, in agreement with the doctor in charge, can often be reduced when taking the minerals for a longer period of time.

The Institute of Biochemic Medicine (Asia Pacific)

Beautiful Legs with Schüssler-Salts

During the warmer season legs are exposed to the elements more than any other time; and beautiful legs are an especially great desire. A combination of Schüssler-Salts No. 1, 4, 9 and 11 can assist in bringing legs into peak form. They support the body in areas such as vascular elasticity, blood flow, acid decomposition and strengthening of the connective tissue.

Administration: Take the following amount of **Tablets** during the course of the day
3 x No. 1 Calcium fluoride 12X – Elasticity of vessels
6 x No. 4 Potassium chloride 6X – Flow of blood
6 x No. 9 Sodium phosphate 6X – Decomposition of acids
3 x No. 11 Silica 12X – Strengthening of the connective tissue

Externally, the application of **Creams** and **Lotions No. 1 Calcium fluoride** and **No. 11 Silica** will complement this treatment.

Tablets should be dissolved in the mouth. Practical administration for most is morning, noon and night.

All tablets may also be dissolved in water: Sip the solution during the course of the day while keeping each sip in the mouth for a few moments in order to achieve best absorption by the mucous membranes.



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Schüssler minerals for acute allergies

	Effect	Dosage	External (cream)	Tip
No.3 Ferrum phosphate 12X	Anti-inflammatory, immunomodulation, general strength	2 tablets 6 to 12 times a day	Twice a day apply sparsely to the red skin parts; for increased itch in combination with No.7	
No.7 Magnesium phosphate 6X	Calms the autonomic nervous system	2 tablets 3 to 6 times a day	No.7 is often sufficient in mild cases (in place of cortison cream)	Acute conditions: 'Hot Seven' – dissolve 5-10 tablets in hot water and sip slowly
No.8 Sodium chloride 6X	Regulates fluid metabolism, transportation of substances into cells; excellent for dry skin or dry, irritated mucous membranes	2 tablets 3 to 6 times a day	Apply sparsely twice a day; in case of simultaneous inflammatory reactions in combination with No.3	Hay fever: No.3 and No.8, initially every 10 minutes in alternation – with improvement less frequent
No.10 Sodium sulphate 6X	Gently draining and efferent when blisters form	1 – 2 tablets 3 to 6 times a day		

Schüssler minerals for allergic disposition

	Effect	Dosage	External (cream)	Tip
No.2 Calcium phosphate 6X	Improves membrane stability of cell walls, binds acids, relaxing (also mentally)	2 tablets 3 to 6 times a day		
No.5 Potassium phosphate 6X	Strengthens nervous resilience, encourages healing, regenerating for skin and mucous membranes	1 – 2 tables 3 times a day (Possible stimulating effect!)		
No.7 Magnesium phosphate 6X	Calms the autonomic nervous system	2 tablets 3 to 6 times a day		Combination of No.2, 5, 7 has a balancing- and concentration enhancing effect in cases of ADS and hyperactivity
No.11 Silica 12X	Purifies and strengthens the connective tissue	2 tablets 3 to 6 times a day	For lasting preventive skin care: No.11 in combination with No.1 or No.7 (apply sparsely twice a day).	Anti-aging effect due to finer, firmer skin and stronger hair

Schüssler minerals for chronic allergies

	Effect	Dosage	External (cream)	Tip
No.2 Calcium phosphate 6X	Improves membrane stability of cell walls, binds acids, relaxing (also mentally)	2 tablets 3 to 6 times a day		
No.6 Potassium sulphate 6X	Detracts terrain from allergic eczema due to enhanced detoxification. Combination with No.10 Sodium sulphate to boost excretion.	1 – 2 tablets (each) 3 to 5 times a day	No.6 is often sufficient for mild cases of skin eczema (instead of antibiotic ointments).	
No.7 Magnesium phosphate 6X	Relaxes the autonomic nervous system	2 tablets 3 to 6 times a day	Preventive skin care in combination with No.1 and No.11 (twice a day)	Acute conditions: 'Hot Seven' – dissolve 5–10 tablets in hot water and

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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