

Schüssler Express

#46



BE ENERGETIC – REMAIN ACTIVE

Mental and Physical Fitness, Regeneration, Growing old healthy

Stay Energetic

Summer means freshness: Fruit and vegetables shine in fresh colours and taste especially delicious. The days are longer and people enjoy being outdoor, meeting friends, doing sport or simply relaxing in a hammock while reading a good book. In order to remain fit in old age and still being able to enjoy everything the 'Well-Aging-Schüssler-Course of Treatment' presents itself. The roots of signs of old age are in the cell, whose metabolism and repair systems subside. Schüssler-Salts stimulate cell function and thus support an age-appropriate vitality.

No. 2 Calcium phosphate 6X – 7 tablets a day

Salt for regeneration, bone structure, muscle relaxation (tension, calf cramps)

No. 22 Calcium carbonicum 6X – 7 tablets a day

Boosts metabolism, supports regeneration and the vegetative balance

No. 23 Natrium bicarbonicum 6X – 5 tablets a day

For sluggish metabolism, diabetes, gout, uric acid formation

Take the tablets over the course of the day – either dissolved in the mouth or dissolved in water (keep the solution in the mouth for a few moments).

The treatment should be followed six to eight weeks.

Possible additional minerals:

- No. 9 Sodium phosphate 6X – 6 tablets a day
- No. 11 Silica 12X – 6 tablets a day

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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Externally:

- No. 1 Calcium fluoride – cream/lotion
- No. 11 Silica – cream/lotion

A 'Fountain of Youth' for the Cells

According to Dr Schüssler, Calcium phosphate plays the main role in cell regeneration. Thus it is essential for the make-up and the permanent renewal of the organism – especially important for older people. Calcium phosphate boosts the regenerative power and particularly assists the structure of bone substance, the voluntary musculature and the capacity of the heart as well as the exercise capacity of the nervous system.

A reliable combination for increased concentration, e.g. at school or for a good and lasting memory is No.3, No.5, No.8; and Cream No.5 applied externally directly to the temples.

The Seniors-Salt

The 'Allround-Seniors-Schüssler-Salt' Calcium carbonicum 6X strengthens the metabolism. As co-factor calcium is required by enzymes in the organism; and the energy metabolism also depends on calcium. This mineral also supports the vegetative balance. Signs of a deficiency are nervous exhaustion, also the sensation of 'drooping eyelids' as well as complaints of overacidification in the gastrointestinal tract. In case of chronic overacidification the organism resorts to the Calcium storage which can cause disorders such as osteoporosis, scoliosis, rheumatism or gout.



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An increased need of No. 22 Calcium carbonicum 6X can also manifest in a hypofunction of the thyroid, hypophysis, gonads or a hyperfunction of the adrenal cortex.

Revitalisation of Resources

Traditionally, No. 23 Natrium bicarbonicum 6X is used for chronic diseases – for example illnesses of a rheumatic spectrum disorder, osteoporosis, arteriosclerotic modifications, essential arterial hypertension, urolithiasis, cardiac arrhythmias and psychological disorders. Used as prevention Natrium bicarbonicum provides a significant support to the acid base metabolism by directly strengthening the function of vital organs (kidney, liver) and the skeleton. Generally, No. 23 Natrium bicarbonicum 6X can facilitate healthy aging.

Apart from the accompaniment with biochemic functional remedies the diet plays a vital part. Protein-rich foods exhaust the buffer systems, as acidic valences remain from the breakdown of food proteins. Healthy kidneys excrete these acid valences, however in case of disorders and in old age they put additional strain on the buffer systems of the body.

Margit Müller-Frahling
EU Institute for Schüssler Biochemistry

Healthy
Living

DID YOU KNOW...?

Some little known facts about Magnesium Depletion

- ✓ For every molecule of sugar our bodies use 54 molecules of Magnesium to process it
- ✓ Birth control pills deplete Magnesium along with various trace elements and numerous vitamins
- ✓ And, since they have a direct impact on our hormones this also plays with our ability to get the minerals needed
- ✓ Alcohol speeds up the excretion of Magnesium through the kidneys
- ✓ Stress depletes Magnesium

The Clinical Science of Biochemic Therapy (Dr W.H. Schüssler) (Incorporating Facial Diagnostics) -Diploma-Course-

4-Day Fulltime Seminars 2018

When: 16 th – 19 th February 2018	Where: Symonston ACT
18 th – 21 st May 2018	Castlemaine VIC
25 th – 28 th May 2018	Trafalgar VIC
8 th – 11 th June 2018	Brisbane QLD
27 th – 30 th July 2018	Adelaide SA
26 th – 29 th October 2018	Perth WA



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