

# Schüssler Express

# 48



## No Exam Anxiety

### How Schüssler Biochemistry assists

Two minerals are especially important when it comes to exams and have been proven successful in many situations:

- ❖ **No. 5 Potassium phosphate 6X**
- ❖ **No. 7 Magnesium phosphate 6X**

Both minerals should be taken every day during and until the end of the exam period.

#### Administration:

##### Every morning on rising:

- **No. 5 Potassium phosphate 6X**  
Dissolve 5 – 10 tablets in a little hot water, allow to cool then drink with a 'chewing' motion

##### At night before bedtime:

- **No. 7 Magnesium phosphate 6X**  
Dissolve 10 tablets in a little hot water, allow to cool then sip slowly

**Additionally**, every morning apply **No. 5 Potassium phosphate – Cream** to neck, shoulders, sternum and insides of knees. At night apply **No. 7 Magnesium phosphate – Cream** to the abdomen in a circular motion; cream may also be massaged into the feet for relaxation.

**Advice:** Take breaks, go for a walk, avoid stimulating drinks like coffee, coca cola, etc. A good diet with little animal protein and little uncooked vegetarian food is sensible. Aromatic oils are suitable for relaxation.



German Association of Biochemistry (BBD)

## High Cholesterol brings Pain to Heel

Pains in the Achilles tendon could serve as a warning sign of an inherited tendency to have high cholesterol. UK researchers from the Manchester Royal Infirmary looked at HeFH (heterozygous familial hypercholesterolemia), a common genetic disorder affecting 1 in 500 people, which inhibits the removal of cholesterol from the blood. Levels of cholesterol are doubled from birth and, when untreated it can lead to coronary heart disease early in life. Lead researcher Dr Paul Durrington says early diagnosis and treatment

is essential. One feature of the condition is that cholesterol is deposited both in the arteries and at certain sites in tendons. This may lead to painful inflammation of the Achilles tendon. Research on 133 people diagnosed with HeFH, plus 87 people unaffected by the condition, revealed that the HeFH sufferers were 6.75 times more likely to have suffered Achilles tendon pain lasting three days or more. So next time you're forced to limp to the doctor, ask for a cholesterol test, too.

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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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## A light-hearted look at Diets

In the beginning God covered the earth with an abundance of green, yellow and red vegetables so that Man and Woman would lead long and healthy lives.

Using God's bountiful gifts, Satan created ice cream and said: "you want fudge with that?" And Man said: "Yes" while Woman said: "I'll love one too, with sprinkles" and lo and behold they gained 20 kg.

And so God created the healthful yoghurt that woman might keep the figure that Man had found so fair.

And Satan brought forth white flour from the wheat, and sugar from the cane, and combined them, and Woman went from size 10 to size 16.

So God said: "Try my fresh green garden Salad." And Satan presented crumbled blue cheese dressing and garlic toast on the side, and Man and Woman unfastened their belts following the repast.

God then said: "I have sent you hearty and healthy vegetables and olive oil in which to cook them." And Satan brought forth deep fried squid rings, butter dipped lobster chunks and fried chicken so big it needed its own platter.

And Man's cholesterol went through the roof.

God brought them running shoes, and Satan introduced cable TV with remote control so Man would not have to toil changing the channels. And Man and Woman sat before the flickering light, and started wearing stretchy Lycra jogging suits.

And God then gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan said: "You want fries with that?" And Man replied: "Yes, and super-size them."

And Man and Woman went into cardiac arrest.

God sighed and created quadruple by-pass surgery.

Satan chuckled and created.....the Health System



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

#### 4-Day Fulltime Seminars 2018

<b>When:</b> 18 <sup>th</sup> – 21 <sup>st</sup> May 2018	<b>Where:</b> Chewton VIC
25 <sup>th</sup> – 28 <sup>th</sup> May 2018	Trafalgar VIC
8 <sup>th</sup> – 11 <sup>th</sup> June 2018	Brisbane QLD
27 <sup>th</sup> – 30 <sup>th</sup> July 2018	Goodwood SA
26 <sup>th</sup> – 29 <sup>th</sup> October 2018	Perth WA

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