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PROTECTION AND STABILITY – THE CONNECTIVE TISSUE

Weakness of the Connective Tissue

The Connective tissue - A complex Care System

The connective tissue encases, carries, supplies and connects:

It gives the entire body protection and stability, because it encloses organs, muscles, blood vessels and neural pathways.

Thus it keeps everything in the right place. In addition the connective tissue acts a fluid- and energy reservoir and supports the function of muscles and tendons.

Externally the state of the connective tissue manifests in firmness and elasticity of the skin.

Connective tissue weakness is based on an Imbalance

The connective tissue is subject to a constant build-up and breakdown.

In order to fulfil its various duties in the organism there has to be a balance between the up and down.

If the breakdown dominates it leads to reduced elasticity and stability of the connective tissue – in simple words, a connective tissue weakness. Some of the apparent symptoms are:

- Slackened skin and wrinkle formation, for instance the face, décolleté and the upper arms
- Orange peel skin or cellulite, spider veins and varicose veins, particularly on lower legs and thighs
- Stretch marks, e.g. abdomen and breast

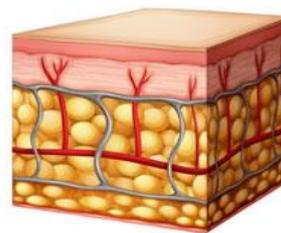
Affected

The main causes of a connective tissue weakness are genetic predisposition and increasing age. Women are definitely more affected than men.

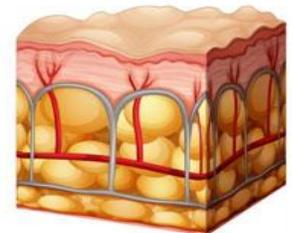
This is due to the different make-up of the connective tissue on one hand and their hormonal situation on the other hand.

But even the stronger sex suffers from weak connective tissues, for example when weakened tissue causes varicose veins and spider veins. Certain problems such as rupture in fact occur more often in males than in females.

Healthy skin



Cellulite



That is NOT good for the Connective tissue

- Fast tissue growth (puberty, pregnancy, weight gain)
- Intensive sun-bathing
- Hormonal changes (intake of contraceptives, pregnancy, menopause)
- Lack of exercise and over-weight
- Unbalanced diet, poor in vitamins and mineral

Great tips for a strong Connective tissue

- ❖ Follow a healthy and varied diet: Eat fresh foods and drink adequately!
- ❖ Stimulate your connective tissue: Endurance sport combined with power training!
- ❖ Allow your connective tissue a beauty program: With contrast showers and massages!
- ❖ Roll the connective tissue smooth

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- ❖ Support the connective tissue from outside:
Regular care with biochemic lotions or creams

The connective tissue can also be supported from inside. Here a combination of selected minerals is able to activate the endogenous self-healing powers.



The most important Minerals for the Connective tissue

Calcium fluoride

Calcium fluoride is essential for trimness and stability of the supporting- and connective tissue when the tissue slackens, the skin becomes wrinkled or when stretchmarks, spider veins or varicose veins become visible.

Silica

Silicic acid is also known as the 'anti-aging' mineral. It is important for elasticity and firmness and is applied in case of skin and hair problems.

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

-Diploma-Course-

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ENERGY STORAGE FAT

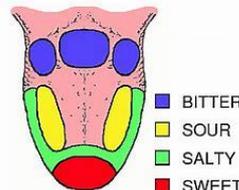
The storage fat acts as silent cushion for lean times. It is mainly found as a layer of fat at the belly and padding on the buttocks. It performs various functions in the body; for instance it serves as a kind of energy storage. People with normal weight are able to draw on it for up to 40 days without food intake. Too much fat increases the risk of cardiovascular diseases such as heart attack or stroke. For risk assessment the body fat percentage is a better reference than just the body weight.

The body fat percentage is dependent on the sex and nutritional condition, and age must also be taken into consideration. At normal weight it is approximately between 20 and 30 per cent. Sportspersons and extremely slim people have lower levels. The storage fat can increase to over 50 per cent in corpulent people.

Did you know that approximately 7,000 kilocalories need to be used in order to lose one kilo of fat.

BITTER TASTE – WARNING SIGN

Our tongue is equipped with various taste receptors which help to taste sweet, sour, salty and bitter. Bitter receptors have a special roll. They should warn of toxic substances in the foods. Perfect adaptations of evolution, as most natural toxins have a bitter taste. It is also interesting to note that the bitter receptors react much more sensitive than the other receptors. They are even specialised on different bitter stances. There are ca 25 bitter messengers and only when they don't raise the alarm gets the food passed on in the pharynx.



Healthy with Homoeopathy and Schüssler-Salts

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