

Schüssler Express

#10



Biochemic Tip No. 8

Hair-treatment with Schüssler-Salts

Silicic acid, alias Silica, is the Schüssler-Salt No.11, 'THE' functional remedy for the connective tissue, skin, nails and hair. Hence, this biochemic 'cosmetic' is the main remedy for hair problems. Alongside, other Schüssler-Salts need to be considered depending on the symptoms.

1. **Brittle and split hair** demands Schüssler-Salt No. 11 Silica 12X (1 tablet 3 times daily). Also when hair causes pain during hairdressing – sometimes also referred to as 'hair-ends catarrh' – Silica is the remedy of choice.
2. **Excessive formation of dandruffs** requires No. 8 Sodium chloride 6X which regulates the fluid balance; also recommended for dry skin. In case of profuse hair loss Silica and Sodium chloride should be taken in alternation.
3. No. 9 Sodium phosphate 6X, the purification remedy, improves **greasy hair**. No. 6 Potassium sulphate 6X assists with **sticky dandruffs**.
4. **Premature greying** of the hair requires various remedies: No. 2 Calcium phosphate, No. 5 Potassium phosphate, No. 8 Sodium chloride, No. 9 Sodium phosphate 6X, and No. 11 Silica.

Which of those is/are the most suited in each case can only be determined with good knowledge of both, the person concerned and the Schüssler-Salts.

Peter Emmrich

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Schüssler-Salts 'buff' the body-filter

Energy and Health out of the Conjunctive Tissue

Connective tissue is mainly associated with skin and its problem areas. However, the largest part of the conjunctive tissue is spread all over the body and imbeds, like a net, each individual cell; because no cell directly adjoins another. The so called Matrix stretches in between, a meshwork consisting of the finest vessels that are filled with water and filter all substances in the body. The Schüssler-Salts No.6, No.8 and No.10 are able to keep this endogenous filter clear, and all harmful substances can be discharged via the lymph channels and excreted via the kidney and bowel. This provides cells and organs with nutrients and energy and allows them to fulfil their tasks.

However, problems can occur when the filter gets blocked over a longer period of time and disrupts the detox function – symptoms are fatigue and feeling of run down. Cells and organs are unable to execute their functions at their best. Diseases have an easy target. Schüssler-Salts are a simple and effective instrument. They are able to purposefully improve the flowability of the Matrix by discharging metabolic residues and toxins.



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Schüssler-Salts No.6, No.8 and No.10 keep the Matrix clear

Dr W. H. Schüssler (1821-1898) discovered that the minerals No. 6 Potassium sulphate 6X, No. 8 Sodium chloride 6X and No. 10 Sodium sulphate 6X were able to achieve this. No.6 is classified as the salt for body cleansing. It triggers the appropriate stimulus in the organism to spur detoxification. As almost all chronic diseases are accompanied by year old deposits in the Matrix, No.6 is fundamental mineral for all old or not healed up ailments. No.8 is the salt for fluid balance and assists with the water flow regulation in the tissue – by the way, ca. 4 l of water are stored in the Matrix. The salt No.8 is therefore also used, in combination with No. 10 Sodium sulphate, for swellings (oedema) in the legs. It effectuates the excretion of fluids via the kidneys and stimulates bowel elimination.

Recommended treatment: Best twice a year – spring and autumn – take all three minerals regularly for three weeks:

- Morning – 2 tablets of No. 8 Sodium chloride
- Noon – 2 tablets of No. 10 Sodium sulphate
- Evening: 2 tablets of No. 6 Potassium sulphate

Tablets should be dissolved in the mouth! With this treatment one assists cells and organs in order to remain fit and feel efficient.

Günther H. Heepen
German Association of Biochemistry (BBD)

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