

Schüssler Express

#11



Fit and Healthy for Summer with Schüssler-Salts

Springtime – the organism slowly gets into gear. Now Schüssler-Salts can assist in getting rid of bleak thoughts, as well as accumulated toxins.

No. 5 Potassium phosphate 6X –

The Salt for Nerves and Mind

Schüssler-Salt No. 5 Potassium phosphate assists with bleak thoughts, exhaustion and sleeping disorders and stabilised the nerve costume in case of nervousness and irritability. It has a therapeutic and relaxing effect and also helps to persevere with a change of diet, e.g. springtime diets. No. 5 Potassium phosphate is very beneficial for stress at work or at home.

No. 9 Sodium phosphate 6X –

The Salt for Metabolism

Schüssler-Salt No. 9 Sodium phosphate, has a close relationship to acids. Many unpleasant ailments, such as heartburn (too much gastric acid) or greasy skin and acne (fatty acid) are connected to acids. No. 9 Sodium phosphate regulates the acid metabolism and helps with the break-down of harmful acids. Consequently, the metabolism will perform much better.

No. 10 Sodium sulphate 6X –

The Salt for inner Cleansing

Schüssler-Salt No. 10 Sodium sulphate, affects the excretory organs liver, intestine and kidney. It assists in the excretion of excessive fluid from the body, for example when experiencing swollen legs or digestive problems. It also stimulates detoxification processes in order that contaminants, stored in the conjunctive tissue, can be broken down; this is vital for all diets for instance.

Administration during the course of a day:

- **Morning:** No. 10 Sodium sulphate 6X
- **Noon:** No. 5 Potassium phosphate 6X
- **Evening:** No. 9 Sodium phosphate 6X

At the times indicated dissolve 3 tablets in hot water and drink slowly – keeping each sip in the mouth for a few moments. Alternatively, tablets can be dissolved in the mouth.

Duration of treatment: 4 – 6 weeks

Günther H. Heepen
German Association of Biochemistry

The Institute of Biochemic Medicine (Asia Pacific)
recommends the use of



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Ravenous Hunger attacks – alleviate and avoid

Schüssler-Salts for a healthy appetite

Are you afflicted with the craving for sweets for instance, and hence fail in your resolutions of following a healthy diet? Experiences in biochemistry according to Dr. W.H. Schüssler show that a demand for a functional remedy is always concealed behind those 'needs'. When this demand is covered the 'unhealthy' cravings will vanish. At the same time the appetite for 'healthy' foods is strengthened.

Needs	Schüssler-Salts
Alcohol	No. 8 Sodium chloride
Bitter foods	No. 10 Sodium sulphate
Coco / chocolate	No.7 Magnesium phosphate
Dairy (-products)	No.2 Calcium phosphate
Fatty foods / cream	No.9 Sodium phosphate
Liquorice	No. 2 Calcium phosphate
Meat	No. 2 Calcium phosphate
Pastries	No. 9 Sodium phosphate
Pickled foods	No. 9 Sodium phosphate
Ravenousness	No. 9 Sodium phosphate
Ravenousness (diffuse)	No.5 Potassium phosphate
Salt	No. 8 Sodium chloride
Smoked foods, bacon	No.2 Calcium phosphate
Spicy foods	No. 2 Calcium phosphate
Sweets // pickled foods	No.9 Sodium phosphate
Vinegar	No. 9 Sodium phosphate



Facial Diagnosis

Making the right visual Analysis

- Make sure that the person you are examining isn't wearing make-up and is lit by bright natural light.
- Pay attention first to the most apparent signs (Indications of deficiency).
- Don't depend only on the visual analysis: Your main consideration is the ailment.

Choosing the Remedy

The prerequisite for successful treatment is the correct remedy. Applying the wrong Schüssler tissue salts is unlikely to harm but it is unlikely it will be of help.

*European Institute for Biochemistry
of Dr. Schüssler*

*Alex Sutton
The Institute of Biochemic Medicine (Asia Pacific)*

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