

Schüssler Express

#29



Fluoride

A question arose recently regarding the subject of Fluoride – e.g. Calcium Fluoride tablets and the general misconception regarding this element.

Yes, it may well be used in water fluoridation in large quantities, and yes it may well have some toxic consequences – however with regards to the Calcium Fluoride tablets of Dr. Schüssler, produced by DHU, one should have no concerns at all.

Calcium Fluoride – Calcium being the positive ion and Fluoride the negative ion. The Fluoride in question is produced from the mineral Fluorite also called Fluorspar and is regarded as the mineral form of Fluoride – we always refer to it as Calcium Fluoride, otherwise we may well have Calcium Fluorine, Calcium Fluorite, Calcium Fluorspar and Calcium Fluoride. Definition: *Fluorite (also called fluorspar) is the mineral form of calcium fluoride, CaF_2 . It belongs to the halide minerals.*

Firstly the amount used is in micro quantity, and cannot cause any harm nor has it any side effects. It is in fact recognised as a micronutrient for human health, necessary to prevent dental cavities, and promote healthy bone growth

It is interesting to note that the tea plant (*Camellia sinensis* L) is a known accumulator of fluorine compounds, released upon forming infusions such as the common beverage.

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The fluorine compounds decompose into products including fluoride ions. Fluoride is the most bio available form of fluorine, and as such tea is potentially a vehicle for fluoride dosing.

Approximately 50% of absorbed fluoride is excreted via the renal system within a twenty-four hour period. The remainder can be retained in the oral cavity, and lower digestive tract. Fasting dramatically increases the rate of fluoride absorption to near one hundred percent, from a sixty to eighty percent when taken with food. A 2013 study, found that consumption of one litre of tea per day, can potentially supply the daily recommended intake of 4mg per day. Some lower quality brands can supply up to a 120 percent of this amount. Fasting can increase this to 150 percent. The study indicated that tea drinking communities are at an increased risk of dental and skeletal fluorosis, in the case where water fluoridation is in effect. Fluoride ion in low doses reduces tooth decay. For this reason, it is also used in toothpaste and water fluoridation.

So in principle we return to the facts provided to us by Dr. Schüssler and many of his contemporaries – everything in fine dilution, in other words molecular amounts so that the body, metabolism, can cope with the elements it is provided with, in this case Calcium fluoride – a micronutrient...

Alex Sutton



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Skin-care for Autumn and Winter

For skin-care treatment it is important to use both tissue salts and creams that affect skin regeneration, skin tightening and skin moisture. The following concept has proven successful:

Mornings – Cream No. 11 Silica 4X
Evenings – Cream No. 1 Calcium fluoride 4X

During the day: 2 – 3 times two tablets each of –

- No. 6 Potassium sulphate 6X
- No. 8 Sodium chloride 6X

By using this combination the skin is protected and cared for, furthermore it prevents dryness in the colder season (temperature stimuli while indoors, outdoors, heating). The creams make the skin smooth.

Practical experiences

A 46 year old female patient complained about dry and 'wilted' skin of her face and 'flabby' upper arms. She applied the creams No.1 and No.11 every day to her face and arms. Internally she took the tissue salts No.1, No.11, No.6 and No.8 – two tablets rotating in intervals of two hours. By patient's request the treatment was continued for eight months.

Result: Firmer skin in the face, clear reduction of wrinkles, firmer upper arms and a general feeling of rejuvenation.

Additional applications: One cup of common horsetail tea per day (bring to the boil for 8 minutes, so that the silicic acid is separated) and daily cycling.

Günther H Heepen

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