

Schüssler Express

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Proven Schüssler-Treatments (cures) for Acute and Chronic Health problems

Successful Combinations of Mineral Tissue Salts and other Natural remedies

During his yearlong practising experience in Schüssler biochemistry *Guenther H. Heepen* developed various 'biochemic-cures' – special combinations of minerals – based on signs and symptoms of acute and/or chronic ailments in accordance with the teachings of Dr Schüssler.

Each treatment is administered for a fixed period of time. With improvement or subsidence of the problem the treatment can be stopped. When only partial improvement is achieved it is recommended to repeat the 'cure' once or twice; in case of stubborn complaints even more frequently. Some patients reported that they felt great during the course of treatment and even stopped the anti-inflammatory drugs and other medications for rheumatism.

Some treatments should be continued until freedom of symptoms has been achieved – in individual cases this may even take several months. Compared to medications of conventional medicine Schüssler Tissue Salts are not harmful for the body instead they improve the metabolic functions, stimulate excretion of toxic matters, have anti-inflammatory effects and strengthen physiological processes.

Here, and in following newsletters the various 'Schüssler-Cures', some even with case notes, will be presented.

The Arthrosis (osteoarthritis)-Treatment

Arthrosis is a degenerative joint disease, often also referred to as 'wear and tear', for example damaged cartilage in the knee. With age the joints suffer from 'wear and tear' especially with an existing axial variation (bowlegs or knock-knee), or when the body mass is disproportionately high (exceptional overweight). Permanent, lasting strain can also cause cartilage damage. At the age of 70 almost everybody experiences arthrosis in the knee joints. If some cartilage is still present the prospects of treatment are fairly good, however if bone already rubs on bone there is little to be achieved with natural remedies alone.

For osteoarthritis the following minerals are recommended:

- **Mornings:** 4 tablets of No. 1 Calcium fluoride 12X as well as No. 1 cream (also as a compress overnight)
- **Afternoons:** 4 tablets of No. 11 Silica 12X as well as cream No. 11 during the day
- **Evenings:** 4 tablets of No. 17 Manganum sulfuricum 6X, and additionally two to three tablets of No. 8 Sodium chloride 6X

When experiencing pain, administer No. 7 Magnesium phosphate 6X as 'Hot Seven' (10 tablets dissolved in hot water and slowly sipped).

Additional recommendations: bicycling, jogging (slowly increasing) – if possible on soft grounds)

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Food supplements containing Chondroitin, MSM (Methylsulfonylmethane), Hyaluronic and Glucosamine should be considered; sulphur baths are also beneficial (ask you chemist).

Duration of treatment: 6 months

Practical Experience

A 52 year old patient complained about moderately severe osteoarthritis in the hip; no indication for surgery.

The following tissue salts were prescribed: No. 8 Sodium chloride 6X, No. 11 Silica 12X, No. 1 Calcium fluoride 12X, No. 17 Manganum sulfuricum 6X – 4 tablets of each mineral during the course of the day, e.g. 2 tablets every 1 ½ hours. In addition it was also recommended to apply the creams No. 1 Calcium fluoride 4X and No. 11 Silica 4X – one cream during the day and the other as a compress overnight.

Regular Bicycling

The patient was also advised to ride a bicycle regularly, go jogging (slowly increasing, according to Dr van Aaken). Dr van Aaken was a sports physician and already established in the 50s that arthrosis can be cured with regular exercise. Even with pain he made the patients continue their daily physical exercises and found out that new cartilage was formed. The patient was also advised to have a sulphur bath once a week. The duration of treatment was three months. During this time the patient also rigorously refrained from eating pork and sweets, which helped her reduce weight.

After three months she no longer experienced initial- and movement pain; she felt great and was hiking again.

Günther H. Heepen

Tip for the Practice

If your patients are using “Gaviscon”® Double Action tablets as an antacid – now widely used and available OTC – it is interesting to note that as a result of their action in neutralising stomach acid and forming a protective barrier over the stomach contents to soothe the burning pain in the chest, patients are advised on the insert: *“Do not take this medicine within two hours of taking other medicines by mouth as it can interfere with the action of some other medicines.”*

From the biochemic point of view why not use No. 9 Sodium phosphate 6X (acid balance) taken before and/or after meals depending on the signs, symptoms and history that the patient displays. *(please refer your study notes and Facial Diagnostics book page 41).*

A. Sutton

The Clinical Science of Biochemic Therapy

(Dr W.H. Schüssler)

(Incorporating Facial Diagnostics)

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