

Schüssler Express

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SCHÜSSLER-SALTS: LESS IS MORE EFFECTIVE

What needs to be considered with the dosage

The established dosage of Schüssler-Salts amounts to one to two tablets three times daily. However, there is an approach suggesting the taking Schüssler-Salts in large quantities: 20, 40, 60, even 100 tablets per day this is not a rarity. Is this sensible? Does *'The more the merrier!'* also apply to Schüssler-Salts?

Back to the beginning:

What does Dr. Schüssler say?

Dr. Wilhelm Heinrich Schüssler's original publication of *'An Abridged Therapy'* (1898) reads: "The dose of a [...] salt should rather be too small than too big. If the dose is too small the repetition of the same will achieve the goal; the intended purpose will completely fail if it is too big." This awareness of Schüssler was confirmed by the precepts of professors Rudolf Arndt and Hugo Paul Friedrich Schulz (Arndt-Schulz-Law). It conveys that small stimuli promote vital functions, whereas strong stimuli will obstruct them; this counts for all so called stimulating therapies that manage with minute quantities of active substance. The organism functions with molecular amounts of the elements.

Schüssler-Therapy:

It depends on the correct stimulus

Schüssler-Therapy also functions with miniscule stimuli. The salts, processed in the homoeopathic way,

initiate regulatory systems in the body and so assist the deranged imbalances in minerals to equilibrate again. This causes enhanced functions of cells and organs, strengthening of self-healing powers and therefore a decrease of afflictions. The appropriate Schüssler-Salts is selected according to the symptoms and the causing mineral disorder. In case of acute problems it can be useful to trigger the stimulus more often, which means to take the relevant Schüssler mineral tablet over a certain period of time every hour, half hour or even every 15 minutes (at the beginning of the afflictions). A large number of tablets per administration is unable to contribute to a better, faster or more thorough effect.

Schüssler-Courses of Treatment:

Sensibly rationed and Keeping track

Dr. Schüssler's concept was to create a simple and effective therapy. Even the nowadays popular administration of several salts in form of a course of treatment should therefore be feasible. Hence a maximum limit of 4 salts is recommended. They should be taken in alternation, as an example No. 1 during midmorning, No. 2 during the afternoon, No.3 in the evening and No.4 at night. This allows one to keep track and remain motivated to persevere with the treatment for several weeks. Large amounts of tablets or the combination of lots of salts are of no additional benefit to the patient; and not to forget the increased costs of the, in principle, inexpensive Schüssler-Therapy.

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BIOCHEMIC TIP No. 1

Schüssler-Salts:

Effective, Compatible and popular

According to my experiences as a naturopath, long-time Schüssler therapist and author of 15 books on Schüssler biochemistry, a dosage of one to two tablets three times per day (dissolved in the mouth) is generally sufficient. The 'Hot Seven' provides the best results when 10 tablets are dissolved in hot water and slowly being sipped – in case of stubborn afflictions this can be repeated several times a day. Should one want to administer other salts in this fashion, e. g. during a course of treatment, good results can be achieved by administering 3 tablets dissolved in water.

Most Therapists are of the same opinion that an amount of 15 tablets per day should generally not be exceeded.

With his therapy Dr. Schüssler has provided us with an effective, extremely compatible and user-friendly instrument. It has a great potential when applied competently and in his spirit.

Günther H. Heepen



Selecting the remedy according to the tongue

Although the repertory of biochemistry with its twelve minerals is relatively straightforward, various afflictions often require several remedies. To determine the best suited mineral, a look at the tongue will help.

An experienced glance at the tongue in the morning gives a clear indication to one of the twelve tissue salts according to Dr. Schüssler. Older people surely remember that a doctor always had a look at the tongue. Nowadays, this is almost an exception. But that glance is significant! Especially after a food abstinence of 6 to 8 hours.

As quite a few Schüssler friends are obviously aware of that No.3 Ferrum phosphate 12X, No.7 Magnesium phosphate 6X, and No.8 Sodium chloride 6X do not have a fur.

Ergo: If there is no fur in the morning, none of the other nine minerals apply with regards to the selection; one only has to decide between those three minerals.

Typical tongue coatings:

No.4 Potassium chloride 6X: white, white-mucous fur

No.5 Potassium phosphate 6X: mustard coloured, smelly fur

No.6 Potassium sulphate 6X: yellow-mucous fur

No.9 Sodium phosphate 6X: whitish-yellow, moist fur

No.10 Sodium sulphate 6X: greenish-yellow, greenish-grey fur

No.11 Silica 12X: brownish-mucous coating

Apart from the tongue the known facial signs provide important hints for the selection of the correct Schüssler salt.

Peter Emmrich

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