

# Schüssler Express

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## What the Face betrays

The face of a person can reveal quite a lot about their health condition; often well before the person concerned is aware of it. An experienced glance on eyes, mouth, hair or skin allows some conclusions to be drawn regarding health.

A bright red face, paleness, an expressionless look: Even a medical layman is able to recognise if the person opposite feels well or not. However, the professional observation of a doctor can see much more, because the so called 'visual' diagnosis is an important component in all medical studies. No matter if skin, hair, eyes, mouth or tongue: Each facial part shows if our body has got out of balance. The therapist is able to interpret and assign every small change. Some are harmless and disappear, others however may indicate to undetected illnesses.

## Facial Diagnosis

The idea, reading diseases from the face, is not new. In ancient times it was common practice to draw conclusions about someone's actual health by reading signs from faces. For instance, Zopiros passed judgement on Socrates: 'A victim of his sensuality and drunkard'. In Asia facial diagnosis assists doctors in the treatment of incipient health problems in advance, in order to assist in the prevention of a disease.

In his work 'An Abridged Therapy', Dr. Schüssler writes in relation to facial diagnostics: 'Those who only

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*use biochemic remedies are able, if prepared to train their observational skills, to gradually accomplish the ability to determine which biochemic remedy corresponds to a prevailing case – in many cases, particularly chronic diseases, based on the physical nature of the face and the psychological expression of the same. However, facial analysis alone should not determine the choice of remedy but it can certainly facilitate the selection, or confirm'.*

For more than ten years Kurt Hicketier researched the relations between facial changes and a mineral deficiency, which he published in his 'Sonnerschau'. For dark eyelids he recommended for instance Potassium sulphate. In his opinion dandruff was an indication of a Sodium chloride deficiency.

## What does the Face tell us?

Patho-physiognomy, or Facial Diagnosis, particularly refers to organ- and functional specific signs in the face. Metabolic processes in the body are controlled. If these processes are hampered first dysfunctions are recognisable in changes in the face, often long before the manifestation of a disease. Single organs are allocated to certain facial parts.

For example:

- The mouth reveals the health condition of the intestinal tract
- The nose those of the respiratory passages
- The part of the eyes those of the vascular system, and



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- The nasolabial fold (smile lines/laugh lines) the condition of the heart

Colouration, form, structure, formation of wrinkles and tissue characteristics of the relevant parts give reference to the type of ailments.

*Peter Pohland*

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## Oral contraceptives and Magnesium depletion

In general, magnesium depletion may cause cardiac arrhythmias, high blood pressure and various other cardiovascular-related issues – osteoporosis, muscle cramps, PMT and increase in the frequency and severity of asthma attacks.

For women who are taking oestrogen-containing medications, the issue of magnesium depletion deserves a much more detailed explanation. Frequently, the following two factors interact at the same time to increase the incidence of health issues.

1. Oral contraceptives deplete Magnesium
2. Many women take Calcium to prevent osteoporosis

Taking calcium without extra magnesium magnifies the problem of magnesium depletion, because calcium and magnesium function as a mineral pair (synergistic functioning) and the relative ratio or balance between these essential minerals is

important. For example, they control the blood-clotting mechanism. Excess calcium increases clotting, whereas magnesium thins the blood to prevent clotting. They also regulate muscle contraction, with calcium causing contractions while magnesium is working to relax muscles. Thus, the two minerals are counter-regulatory.

Therefore, you can see that two factors contribute to, and magnify, the resulting imbalance when women, who take oral contraceptives (which, remember deplete magnesium), also take calcium (without magnesium). One of the most frequent side-effects associated with oral contraceptives is thrombus formation, - blood clots. Now it is clear why this happens, a depletion of magnesium and an excess of calcium increases the likelihood of clot formation. This also helps to explain why so many women have painful muscle cramps during the time of menstruation – because excess calcium increases muscle contraction.

*A. Sutton*

### Carbonation depletes Calcium

Beverages with bubbles contain phosphoric acid, can severely deplete the blood calcium levels. Calcium is a key component of the bone matrix. With less concentration of calcium over a long time, it can lower deposition rates so that bone mass and – density suffer. This means that drinking carbonated water may well increase your risk of osteoporosis.

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