

# Schüssler Express

#27



Dear Schüssler Friends,

**Laughing is healthy and makes happy!**

Laughing is a medicine that is available free of charge and at the same time without any side-effects. The longer and more often one laughs and is happy the stronger are the effects and in addition they are even salutary.

When laughing, more than one hundred muscles are activated – from facial muscles to respiratory muscles. A full laugh – not a short ‘ha-ha’ – incorporates the whole body; lots of body cells receive more oxygen, muscles relax and both heart and circulation are stimulated. While laughing increased Serotonin – the happiness hormone – is released. Those who laugh therefor feel better. Humour scientists found out that laughing diverts and engrosses the heart and thus leaves less space for negative emotions.

Many hospitals use so-called ‘clown doctors’. They mellow the often sad hospital atmosphere and try to make patients laugh. Children are especially receptive and are delighted when ‘Dr. Clown’ visits.

Humour stops negative thoughts and thus we are able to contemplate daily problems in a humorous way, because this is very beneficial for the human soul. We are able to burst the spiral of negative thoughts, states of anxiety can be prevented and rumination impeded. A happy welcome laugh opens doors and lets the affability in the faces of your counterparts rise. Thus we are able to conclude that joint laughing constitutes an important signal of affinity for us. We may even say, laughing is a lubricant for communication. One can certainly be likeable also with charm and friendliness.

**‘Smiling and grinning dispels lines and wrinkles’!**

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The Institute of Biochemic Medicine (Asia Pacific) is a branch of the German Association of Biochemistry, founded at Oldenburg (Germany) in 1885

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This phrase immediately reminds us of the biochemic remedy No. 11 Silica 12X – Schüssler-Salts tablets for internal, and cream for external application. This mineral – not for nothing referred to as the ‘beauty remedy’ – is able to achieve a lot.

With a smile on the face I wish you all the best

*Peter Pohland*

**Biochemistry for ‘Mental Activities’**

No matter if schoolchild, student or amateur artist – for those who sit for long periods of time and require increased mental energy, concentration and patience, biochemistry according to Dr. Schüssler is of great benefit. Schüssler biochemistry is far more than just an assistant for physical afflictions.

**No. 3 Ferrum phosphate 12X** – fuels the inner fire and increases body’s defences, for instance when writing an essay, or even risk a mental adventure such as writing a biography. Ferrum phosphate gives courage and boosts oxygen incorporation.

**No. 5 Potassium phosphate 6X** – the big nerve remedy essential for the mind. With Potassium phosphate we acquire more mental vividness, perceive the goal more easily and find the strength to persevere.

**No. 7 Magnesium phosphate 6X** – the universal remedy in biochemistry; as a key brings all nutrients into the single cells, by unlocking them. It is an excellent aide for spasms and pain, relaxation and a healthy sleep.

#### Administration

- **Morning:** No. 3 – TWO tablets
- **Noon:** No. 5 – TWO tablets
- **Evening:** No. 7 – TEN tablets as ‘Hot 7’

*Peter H. Martens*



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## Vitamins...

**A** daily vitamin may be harmless but a new large-scale study has found over-supplementation can have a huge impact on your health.

The new research delivered during the American Association for Cancer Research Annual Meeting 2015 has found that too many vitamins can lead to various forms of cancer.

**While dietary supplements may be advertised to promote health, Cancer Center investigator Tim Byers, MD, MPH, describes research showing that over-the-counter supplements may actually increase cancer risk if taken in excess of the recommended daily amount.**

The findings presented at the conference looked over the past 20 years at the shift from a diet filled with fruit and vegetables to over-the-counter supplements, with the assumption that consuming extra nutrients would also have cancer-fighting benefits.

**Scientists examined over 300,000 patients who were given either dietary supplements or a placebo over a 10-year period – with some disturbing results. “We found that the supplements were actually not beneficial for their health,” said lead study author Dr Tim Byers in a statement. “In fact, some people actually got more cancer while on vitamins.”**

“There is really no strong hypothesis explaining why these dietary supplements increase cancer risk,” “It may have to do with the body’s overall nutrient balance, in this case ‘imbalance’. Or it may have to do with specific effects of over-consumption of specific supplements.”

“We are not sure why this is happening at the molecular level but evidence shows that people who take more dietary supplements than needed tend to have a higher risk of developing cancer. The line of research started 20 years ago with the observation that people who ate more fruits and vegetables tended to have less cancer.

Researchers including Byers wanted to see if taking extra vitamins would reduce cancer risk even further.

“When we first tested dietary supplements in animal models we found that the results were promising,” says Byers. “Eventually we were able to move on to the human populations. We studied thousands of patients for ten years who were taking dietary supplements and placebos.”

The results were not what they expected. **“We found that the supplements were actually not beneficial for their health. In fact, some people actually got more cancer while on the vitamins,” explains Byers.**

One trial exploring the effects of beta carotene supplements showed that taking more than the recommended dosage increased the risk for developing both lung cancer and heart disease by 20 percent. Folic acid, which was thought to help reduce the number of polyps in a colon, actually increased the number in another trial.

And men who took an excess amount of vitamin E were at a higher risk of being diagnosed with prostate cancer.

**“This is not to say that people need to be afraid of taking vitamins says Byers. “If taken at the correct dosage, multivitamins may be good for you. But there is no substitute for good, nutritional food.”**

Byers says that people can get the daily recommended doses of vitamins from their diets by eating healthy meals. Many adults who take vitamin supplements may not need them.

“At the end of the day we have discovered that taking extra vitamins do more harm than good,” says Byers.

**However, it is important to remember that getting your daily dose of vitamins and essential minerals is as simple as eating a nutritious, balanced meal. As Byers says, “there is no substitute for good, nutritional food.**

*American Association for Cancer Research  
(AGM 2015)*

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