

# Schüssler Express

# 3 4



## Skin heavily stressed during summer

### Schüssler-Salts contain regenerative power

The topmost skin layer, the so called epidermis, is able to completely regenerate itself – in fact approximately every 4 weeks. Frequent sunburn including inflammation and cellular damages however causes this potential to dwindle. At the thriving age of 35 some people therefore have a biological skin that is twice as old. Schüssler-Salts No. 1 Calcium fluoride, No. 8 Sodium chloride and No. 11 Silica 12X may assist the skin to prevent the loss of regeneration power.

**Schüssler-Salt No. 1 Calcium fluoride 12X** is the mineral for the connective- and supporting tissue. It is able to restore its natural elasticity as well as the necessary firmness.

**Schüssler-Salt No. 11 Silica 12X** has a smoothing effect on the tissue. In addition the mineral benefits the regenerative potential of skin but also hair and thus is

regarded as the anti-aging remedy. It prevents premature aging, which is also encouraged by excessive UV-exposure through sunburn. A sensible complement to both skin- and connective tissue salts is the **Schüssler-Salt No. 8 Sodium chloride 6X**. It regulates the fluid balance of the skin and tissues and protects against exsiccosis for example. Thus it also assists skin that is too dry, or chapped lips.

All three minerals can ideally be combined in a course of treatment. For four weeks: mornings No. 1 Calcium fluoride 12X, noon No. 8 Sodium chloride 6X and at night No. 11 Silica 12X – each time dissolve three tablets of the respective mineral in the mouth. In support of this treatment creams or lotions of No. 1 Calcium fluoride and No. 11 Silica can be applied to the affected skin parts.

*Günther H. Heepen*

## Healthy during Sleep

Poor sleep can put our health in danger. Lack of sleep encourages high blood pressure, cardiovascular diseases, stroke, and gastrointestinal diseases. It is also a contributor to psychological problems, such as depression. Somnologists suggest sleeping disorders are often an indirect cause of traffic accidents. According to data from the American Cancer Society poor sleep is as harmful as lack of exercising or alcohol misuse in the long term. A restful sleep promises an extra portion of health. Good sleepers do not have to visit the doctor as often and take fewer medications than people with sleeping disorders – both falling asleep and/or sleeping through the night.

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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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### Pure Relaxation with the “Hot 7”

We are all in need of **Relaxation**, especially in stressful times.

Here the ‘Hot 7’ is exactly right!

**No. 7 Magnesium phosphate 6X** is the mineral of nerves and muscles and is essential for the **equilibrium of Stimulation and Relaxation**.

**Administration:** Dissolve 10 tablets in a cup of hot water and sip slowly.



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## Notes from the Practice

A 73 year old male patient presented in my surgery.

**Work history:** Painter – sanding lead paints and asbestos. **Diagnose:** Red lead and White lead poisoning, and asbestosis scarring on the lobes of the lungs.

He coughed up black mucus – could cough continuously until he would vomit; he was exhausted.

The mucus smelled foul. **Facial signs:** ‘ruddy’ with cyanosed tinge; lips are cyanosed; the distinctive appearance of a ‘white A-frame’ from eyes to chin.

He also suffered loose ligaments, umbilical hernia, varicose veins, severe degeneration of joints, in particular the spine, severe kyphosis which did not help his breathing. Digestive complaints (reflux), depression, anxiety, chronic chest infections. Rattling chest, liver toxicity, hypertension, scaly, red itchy skin; and creaking joints. Blood described as ‘thick and not easy to flow’; loss of voice.

Where to start? There were so many minerals that I could have treated him with – but my main aim was to clear the lungs to give him more energy and help him breathe easier.

He received Bowen Therapy treatments throughout with respiratory, shoulder, kidney, liver/gallbladder and

sternal procedures.

The recommended **Schüssler-Salts:**

**No. 6 Potassium sulphate 6X** – 1 tablet 5 times per day: on rising, at each meal time and at bed time. -

**No. 8 Sodium chloride 6X** – 1 tablet three times per day after meals. – **No. 9 Sodium phosphate 6X** – 1 tablet four times per day: before meals and at bed time (with No.6). – **No. 10 Sodium sulphate 6X** – 1 tablet three times per day before meals (with No.6 and No.9).

**No. 6 Potassium sulphate Cream** was applied to the affected areas of the skin.

The treatment was recommended for a duration of three months, however he was able to report after just two weeks that his voice was stronger, he experienced more energy, was sleeping up to 7 hours per night, had not felt so mentally bright ‘for years’. The coughing fits had diminished and he was no longer bringing up black mucus. He also felt that the coughing was a problem anymore. After one month I added No. 5 Potassium phosphate 6X to the treatment – 5 tablets per day.

After three months he reported that he was now gardening more, and was also exercising again in the gym and the pool.

*Bowen and Biochemic Practitioner, Victoria*



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