

# Schüssler Express

# 37



## Schüssler-Salts – FQA

### Tips for the Intake – Questions on Interaction – Lactose intolerance and more

Often questions are raised on the practical application of Schüssler-Salts. They are also frequently asked during lectures and seminars which indicate that some users are uncertain.

Here is a summary of the most frequently asked questions, and answers.

#### What means, 'taking the Salts in alternation'?

If you take more than one mineral 'in alternation' means to take the tablet(s) of the first mineral, then once they are dissolved in the oral cavity you can take the second mineral and so forth.

#### How do I proceed if I need to take several salts?

You can either take the minerals during the course of a day (daily dosage) in alternation or you take the first mineral during the morning, the second during midday and the third mineral during the evening – before or after meals, before sleep, on waking etc., or as directed by your practitioner.

#### For how long can I take the Schüssler-Salts?

The minerals are administered until signs and symptoms improve. Generally, in chronic conditions up to 12 weeks administration may be necessary. During this time the beneficial effects should be noticed. In case of acute afflictions administration can often be found successful after a few days.

#### Can I use a 'treatment' for a longer period of time if it does me good?

Nothing speaks against it. However it is recommended to pause for two to four weeks from time to time. For the 'osteoporosis-treatment' long-term administration is in fact important.

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## How many drops or globules are equivalent to one tablet?

If you have decided to use a different dosage form of the salts, calculate five globules to one tablet, or five drops per one tablet.

## Can I take menthol or essential oils during a treatment with Schüssler-Salts?

The homoeopathic restriction to avoid the use of menthol-containing toothpastes, camphor drops or essential oils during treatment has nothing to do with the mineral therapy according to Dr Schüssler. The salts are still effective even when you brush your teeth with mint toothpaste

## I am receiving a homoeopathic treatment – can I also take Schüssler-Salts?

From the Schüssler mineral therapy point of view there is generally nothing against an accompanying treatment with the salts – but it is important of course to assure yourself that the practitioner is qualified in the use of Schüssler biochemistry. Schüssler minerals stimulate the cells, so other forms of treatment can in fact be enhanced by using both methods of treatment; this also applies to allopathic remedies.

## I have a joint replacement and heard that Silica may cause issues, such as loosening?

This is a common claim but completely false. The expelling effect of silica only refers to injuries that leave a foreign body in the skin (e.g. splinters) – this does not count for joint prostheses.

## Am I allowed to drink coffee when using Schüssler-Salts?

Of course, the minerals are also effective when drinking coffee.

## Which sequence should be followed when taking more than one salt?

There is no particular sequence in the administration of Schüssler-Salts. However, depending on your treatment the practitioner may suggest a particular sequence and will explain the reason why to you.

## Can other salts also be used as a 'Hot Seven'?

Mainly for acute problems or for desired detoxifying reactions all mineral salts can be administered as 'Hot Seven' (e.g. normally 10 tablets dissolved in hot water)

## What should be considered in case of diabetes?

For diabetics it is important: One tablet at 250mg contains 0.021 bread units (BE); 48 tablets are equivalent to one bread unit.

## When I follow a biochemical treatment according to the 'type' or a 'Schüssler-Cure', is it possible to still treat acute problems using the minerals?

Acute afflictions may certainly be treated during a constitutional 'cure'. However, it is recommended to interrupt the 'cure' for a few days during the treatment of acute problems such as a cold for example, so that the patient does not get overwhelmed with the administration of the minerals.

## Do I have to consider my diet when taking Schüssler-Salts?

A healthy diet, rich in vital substances and with little sugar containing foods, little meat and alcohol and tobacco support every healing process and thus is generally recommended in case of health problems. Adequate fluid intake is also important – 1 ½ to 2 litres of clear water a day is best, provided no cardiovascular- or kidney diseases argue against it.

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