

# Schüssler Express

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## Practised Dermatology

### Selected biochemic treatments by Dr Feichtinger

*Dr med Paul Feichtinger, a dedicated supporter of Schüssler's therapy was a pure biochemic practitioner. His goal was to retrieve every mortal thing possible that can be retrieved from biochemistry – such a sum of healing forces which no other treatment can provide. Dr Feichtinger put great importance into the correct diet – a correct diet according to the skin problem is the ultimate in every treatment and the first step to take an influence on the patient's constitution.*

In the following a list of different skin affections and the biochemic treatment:

**Acne:** Summarising name for lump and pustule producing sebaceous glands.

**Treatment:** No. 11 Silica, No. 1 Calcium fluoride, No. 2 Calcium phosphate and No. 7 Magnesium phosphate.

**Clavus:** Horny skin; clavus pedis: corn, caused by pressure on the toe.

**Treatment:** No. 10 Sodium sulphate and No. 4 Potassium chloride as dressing or ointment; internally No. 1 Calcium fluoride.

**Eczema:** Lichen, none infectious itching inflammations; depending on the case with erythema, oedema, papule, crusts, scales and scratches.

**Treatment:** Consider the cause. Treatment for scaly eczema: No. 3 Ferrum phosphate, 1 tablet every hour – externally as ointment if skin is sore. For dry skin also Ferrum phosphate 'powdered'. Treatment for watery eczema: No. 8 Sodium chloride, No. 9 Sodium phosphate, No. 10 Sodium sulphate, No. 1 Calcium fluoride, No. 2 Calcium phosphate and No. 7 Magnesium phosphate; No. 6 Potassium sulphate in rare dosage as it has a stimulating effect on the metabolism.

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**Scatched skin:** No. 1 Calcium fluoride

**Older eczema:** No. 11 Silica

**Erythema:** Redness of the skin, particularly in infectious and inflammatory diseases as a result of hyperaemia. Also caused by skin irritating material, radiation and burns; also appear through excitement.

**Treatment:** Extinguish the cause and treat the internal disorder – usually No. 3 Ferrum phosphate – 1 tablet every hour; externally if necessary as ointment.

**Herpes zoster:** Shingles. Painful skin blisters in infections caused by varicella-zoster virus.

**Treatment:** Schüssler recommended No. 8 Sodium chloride. Feichtinger chose the remedies due to patient's constitution. He made good experiences with No. 5 Potassium phosphate.

**Horny skin /Callus:** Tissue hardenings with superficial horny skin.

**Treatment:** like Clavus

**Hyperhidrosis:** Excessive or profuse sweating caused by psychological reasons, excitement, tuberculosis, menopause, infectious diseases, conditions of weakness

**Treatment:** Consider and treat the cause: No. 11 Silica regulates perspiration; sometimes also No. 2 Calcium phosphate and No. 3 Ferrum phosphate (infections with fever). In cases of strong smell and weakness: No. 5 Potassium phosphate is recommended, as well as No. 8 Sodium chloride and No. 10 Sodium sulphate have to be considered.

**Ingrown nail**

**Treatment:** No. 11 Silica internally and externally; sometimes also No. 5 Potassium phosphate.



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**Psoriasis:** Scaly lichen; chronic skin problem with silver white scales, when removed punctuated bleedings

**Treatment:** Feichtinger didn't make good experiences with No. 7 Magnesium phosphate, as recommended by Dr Schüssler. He preferred No. 1 Calcium fluoride and No. 2 Calcium phosphate, possibly in combination with No. 7 Magnesium phosphate.

**Pruritus:** Itching skin; various reasons: diabetes mellitus, hepatitis, jaundice, kidney infection, older age or psychological reasons.

**Treatment:** First of all No. 7 Magnesium phosphate should be considered in combination with No. 6 Potassium sulphate – internally and externally; old people: No. 11 Silica and No. 1 Calcium fluoride. Psychological reasons: No. 5 Potassium phosphate; due to irritation: No. 3 Ferrum phosphate.

**Quincke's sign (angioedema):** Allergic swelling, predominantly in the face.

**Treatment:** The following foods should be avoided: innards, liver, kidneys, tongue, herring, anchovy, all fish that are smaller than trout; white beans, green peas, lentils, alcohol particularly beer. The following foods have to be reduced: veal, beef, meat stock, poultry, game, sausages, ham, trout, cod, sole, seafood, Brussel sprouts, kale, asparagus, spinach, peanuts. **Biochemistry:** No. 1 Calcium fluoride, No. 2 Calcium phosphate and No. 3 Ferrum phosphate

**Rosacea:** Chronic skin disease mainly occurring in women middle to older age; redness, skin scaling and formation of little knots in the face as a result of diluted blood vessels.

**Treatment:** No. 9 Sodium phosphate

**Note:** Important to regulate digestion and if necessary include an abiotic intestinal treatment in the treatment

**Urticaria (nettle fever):** Hives; urticarial rash, a skin rash with itching wheals; occurs in hypersensitivity against different things (food, drugs, heat, cold, etc.). Looks similar to when burned with nettles. Can vary in

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size, mucous membrane can also be affected which would show in swelling.

**Treatment:** Eliminate the cause. Schüssler recommended: No. 5 Potassium phosphate as the main remedy. Feichtinger made better experiences with No. 2 Calcium phosphate and No. 1 Calcium fluoride (also see Quincke's sign). Against the itching he prescribed No. 3 Ferrum phosphate applied as powder.

**Verrucae:** Warts. Flesh-coloured hyperkeratotic growth of the epidermis; supposedly cause by human papilloma virus – spread through self-infection when scratching.

**Treatment:** Mainly No. 2 Calcium phosphate and No. 1 Calcium fluoride, and possibly No. 4 Potassium chloride and No. 6 Potassium sulphate – check indications.

## Experiences from Readers

### 1. Dry and scratched skin

A person suffering from dry and scratched skin for a long time. Administration of No. 6 Potassium sulphate ointment brought immediate success in no time.

### 2. Urticaria (nettle rash)

A person working in the garden suddenly broke out in a nettle like rash on the arms. The application of different ointments remained unsuccessful instead the rash worsened whilst gardening. The person administered No. 2 Calcium phosphate ointment. For the first time he felt relief and the skin clearly improved. The additional administration of No. 9 Sodium phosphate tablets brought a further improvement to the itching.

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