

Schüssler Express

#44



SCHÜSSLER-SALTS FOR SUMMER

Tips for an intact Skin

Our skin is fluid- and thermo-regulator, protects from heat, cold, radiance, blows, pressure and drafts. It is also an extremely alert sensory organ with millions of irritant points, in order to alert us to dangers in form of pain for instance. The skin is able to heal even larger wounds by its own efforts. But also without injuries the skin continuously regenerates itself by regrowing new skin cells. However, overburdening in summer by UV-radiation, chlorine in swimming pools or salty air on the beach cannot be also not an easy task for the skin to stow away. Here is Schüssler's advice.

Relief for the skin with No. 1, 8 and 11

One of the most essential requirements for beautiful skin is, among others, an intact connective tissue. Two of the Schüssler remedies No. 1 Calcium fluoride and No. 11 Silica have a constructive influence.

Schüssler-Salt No. 1 Calcium fluoride 12X is regarded as the salt for the stroma and connective tissue. It is able to restore its natural elasticity and at the same time provide the necessary firmness. When the connective tissue loses its function both is often entangled, e.g. a connective tissue weakness.

Schüssler-Salt No. 11 Silica 12X has a smoothing effect on the tissue and also assists frail hair. It improves its structure and promotes growth. The regenerating effect is valuable to the skin. Thus the Schüssler-Salt No. 11 Silica 12X is therefore also regarded as the Anti-Aging-Salt.

Both Schüssler-Salts are an excellent combination for the treatment where they take advantage of the subsidiary qualities.

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Schüssler-Salt No. 8 Sodium chloride 6X can be taken meaningfully in addition, as it regulates the fluid balance in the skin and tissue; a vital prerequisite for a good functioning of the skin. Sodium chloride also assists skin that is too dry or chapped lips for example.

Dosage

The following dosage has been proven successful:

- **Morning** – **No. 1 Calcium fluoride 12X**
- **Noon** – **No. 8 Sodium chloride 6X**
- **Night** – **No. 11 Silica 12X**

At a time dissolve three tablets of the respective Schüssler-Salt in the mouth. For additional support creams and/or lotions No. 1 Calcium fluoride and No. 11 Silica can be applied externally – especially affected areas like neck, upper arms or thighs should be thought of. Apply cream/lotion No. 1 Calcium fluoride in the morning and No. 11 Silica at night.

Duration

The treatment should be followed for 4 weeks.

*Günther H. Heepen
German Association of Biochemistry*

DEALING WITH SKIN CONDITIONS?

This web site may prove most interesting and helpful in your patient treatment:

<http://www.britishskinfoundation.org.uk/SkinInformation/AtoZofSkinDisease.aspx>



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STAY FIT WITH SCHÜSSLER-SALTS

The three biochemic remedies **No. 5 Potassium phosphate 6X**, **No. 3 Ferrum phosphate 12X** and **No. 7 Magnesium phosphate 6X** are particularly recommended for the physically active and fitness enthusiasts. These Schüssler-Salts fit exactly the three classic phases in sports:

- **Preparation phase**
- **Activity phase**
- **Recovery phase**

The Preparation –

Countdown with No. 5 Potassium phosphate

Schüssler-Salt No. 5 Potassium phosphate 6X provides energy for body, mind and soul. It lifts the mood, increases stimulation and thus puts motivation to start. Physically it promotes energy and stamina. With Therewith the best requirements are assigned in order to remain fit for the whole day.

Simply dissolve two tablets in the mouth every morning and again an hour before training – this way you can bring your performance to the point.

The Active Phase –

Quick energy with No. 3 Ferrum phosphate

Schüssler-Salt No. 3 Ferrum phosphate 12X is regarded as the 'acute remedy'. Immediately prior to the training or workout suck two tablets or simply dissolve tablets in your water bottle – and you will feel instant energy. Ferrum phosphate boosts oxygen supply to the organs, especially to the muscles and thereby also performance.

Mentally it increases fitness and concentration. You can easily benefit from this 'power' in everyday life – to avoid a mid-afternoon energy slump simply suck two tablets after lunch.

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The Recovery –

Regeneration with No. 7 Magnesium phosphate

Schüssler-Salt No. 7 Magnesium phosphate 6X allows for an effective relaxation and regeneration. Magnesium phosphate relaxes body and mind and encourages recovery, because Magnesium phosphate in particular is important for fit and relaxed muscles. This mineral is especially beneficial for physically active people.

After the training session or workout, simply dissolve 10 tablets in hot water, e.g. water bottle or cup, and sip slowly – also an ideal remedy when experiencing muscle cramps. Repeat administration at night – this benefits sleep and allows unwinding.

For convulsed muscles the external use of No. 7 Magnesium phosphate cream is also beneficial; gently massage in the constrained musculature.

Tip

After a hard workout or a competition administer the 'Hot Seven' – dissolve 10 tablets of No. 7 Magnesium phosphate 6X in hot water and slowly sip, as hot as bearable. This relaxes and prevents muscle spasms.

*The Institute of Biochemic Medicine
(Asia Pacific)*

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