

Schüssler Express

17



Antagonists – Interactions

From tests, conducted on homoeopathic remedies, we are aware of counteractive substances that are not always identical with antagonists known in orthodox medicine.

As Schüssler's biochemistry is not homoeopathy, in the sense of Hahnemann's rules of similarity, but only utilises the homoeopathic method of preparation in order to achieve a better bioavailability, the focal point lies on the antagonists of scientific pharmacy.

Here, Magnesium and Calcium, as well as Sodium and Potassium antagonise one another. However, this only becomes noticeable during resorption. And in the end all minerals are contained in the blood anyway, and the body is quite capable of dealing with this.

In order to avoid any disruptions it is generally recommended to take certain minerals one after the other. As a general guideline, minerals should not be swallowed; instead they should be allowed to dissolve in the mouth. If this rule is not followed nothing dangerous will happen, however a reduced effectiveness can be anticipated.

The terminology '**chemical reaction**' and '**interaction**' should be separated.

- ❖ **Interaction** is the mutual influence of two medications with regard to increased or reduced effectiveness. This definitely does not apply to or affect the biochemical remedies.
- ❖ **Chemical reaction** is the conversion of compounds for example, Potassium chloride and Calcium sulphate convert into Potassium sulphate and Calcium chloride prior to resorption – however this is not going to happen.

Schüssler-Salts for Constipation

Constipation requires the use of various Schüssler-Salts. A successfully proven treatment is the administration of remedies in alternation.

For chronic constipation Dr. Schüssler (1821 – 1898) recommended No. 3 Ferrum phosphate 12X as the main remedy. Furthermore No. 9 Sodium phosphate 6X and No. 10 Sodium sulphate 6X are also indicated.

No. 9 Sodium phosphate 6X is known as the remedy for deacidification, but it also serves well especially in cases with alternating diarrhoea and constipation. No. 10 Sodium sulphate 6X is well known by patients suffering constipation; as Sodium sulphate is the laxative Glauber salt, here in homoeopathic form.

Treatment for chronic constipation

- No. 3 Ferrum phosphate 12X
- No. 9 Sodium phosphate 6X
- No. 10 Sodium sulphate 6X

Administration: 3 x 2 tablets of the respective mineral in daily alternation; tablets should be allowed to completely dissolve in the mouth.

Peter Emmrich

The Institute of Biochemic Medicine (Asia Pacific) recommends the use of



Since 1873

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17



Detoxification of the Organism

The use of Biochemic Remedies – Tissue Salts

There are several organs the metabolism uses and adopts for the excretion of waste material, for example, bowel, bladder, skin and lymph. The human body is designed to achieve the removal of toxins naturally. We are also biochemically provided with the necessary minerals (through food) responsible for certain actions and reactions, chemically and otherwise, which enable the metabolism to fulfil these functions. If a function is not carried out as it should, biochemistry regards this as being "*due to a deficiency of the appropriate mineral*" which has been caused in part by a "toxic overload".

No. 4 Potassium Chloride 6X is an important mineral for the function of the endocrine glands; since they contribute to detoxification by distributing substances used in the cleansing process. We note from the works of Bechamp and Bernard that the "Milieu", found in blood, is filtered out through the lymph glands. While Potassium chloride binds with inflammation causing substances, fibrous substances and phlegm are freed from the mucous membrane, thus allowing the neutralisation of poisons. (*Use of No. 9 Sodium Phosphate 6X in alternation may be indicated – see below.*)

No. 8 Sodium Chloride 6X is one of the other major contributors in the removal of toxins from the organism. It uses fluid in order to build-up and keep vital functions going; but also as a means of transport for the expulsion of waste substances, metallic toxins binding, smoke and also organic toxins that enter the body, e.g. insect bites, enabling them to be eliminated.

No. 9 Sodium Phosphate 6X is an extremely important remedy for the lymphatic system in that, children who are continually "nourished" with sugar and milk products often develop a deficiency of this mineral which leads to a surplus of lactic acid in the lymph glands. *Protein in the lymph coagulates and the glands may well "swell" and result in blockage.*

This mineral is also required to break down lactic acid produced by muscle activity. Carbonic acid, produced in the body by carbon dioxide mixed with water, also binds loosely to Sodium phosphate and is exhaled through the lungs. Often the organism is incapable of doing this because too many acid-containing or acid-forming foods have been ingested, and there is insufficient Sodium phosphate to reduce the acidity. *Too much acid can attack the cell membrane and destroy the cell.*

No. 10 Sodium Sulphate 6X is the principal mineral that enables the removal of harmful substances, in that, while Sodium Chloride (No. 8) absorbs water from body fluids into the cells, and consequently contributes to cell division and formation of new cells, Sodium Sulphate on the other hand extracts water out of the cells – it absorbs double its own molecular weight in water, and enables excretion through natural paths (kidneys, skin etc.,)

References:

- German Association of Biochemistry (BBD)
- European Institute for Biochemistry of Dr Schüssler
- Kellenberger/Kopsche: A Gateway to Physical and Psychological Health

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