

# Schüssler Express

#52



## IMMUNE-CURE

### TISSUE SALTS No. 3+6+7

Wet, cold and windy – the colder season can get quite uncomfortable. Therefore, the Immune-Cure combines the No. 3 – the salt of the immune system – with the minerals No. 6 and No. 7. This trio is the ideal treatment for the cold and wet season.

Combination of the three tissue salts for the defence which comes from inside:

#### No. 3 Ferrum phosphate 12X The Salt of the Immune System

According to Dr Schüssler, No. 3 Ferrum phosphate is important for the immune system and provides for good oxygen absorption in the body.



Iron (Ferrum) is contained in all cells of the human body, particularly in muscle cells, red blood cells, liver- and defence cells. As a component of the haemoglobin, an essential oxygen carrier, iron is indispensable. Ferrum phosphate stimulates haematosis, and thus supports healing processes.

#### No. 6 Potassium sulphate 6X The Salt of Purification

Potassium sulphate is contained in the upper layers of skin and mucous membranes, as well as in all cells that contain iron. It supports the body with the decomposition and excretion of unnecessary ballast.



#### No. 7 Magnesium phosphate 6X The Salt of Muscles and Nerves

Magnesium phosphate is found in nerve- and muscle cells, the brain and in the spinal cord, as well as in many internal organs. It is involved in the muscle activity, important for the transmission of nerve impulses and muscle relaxation. Thus, it has a fair share in natural sleep.



**Administration** (dissolve tablets in the mouth):

**Morning:** No. 3 Ferrum phosphate 12X – 2 tablets

**Noon:** No. 6 Potassium sulphate 6X – 2 tablets

**Night:** No. 7 Magnesium phosphate 6X – 2 tablets

**Duration of treatment:** 4 – 6 weeks

Institute of Biochemic Medicine  
(Asia Pacific)

#### What else can you do for your Body's Defences?

Strengthen yourself with ginger and lemon in a delicious and warming tea.

Spicy Ginger  
Ingwertee

#### Spicy Ginger Tea

1 cup boiling water, 5 slices of ginger,  
3 slices of lemon, 1 pinch cinnamon,  
1 tsp honey

- Peel and slice ginger and lemon,
- place in a cup and add cinnamon
- Douse with boiling water
- Steep 5 minutes then add honey



**Disclaimer** – Every effort has been taken to ensure that the information provided complies with current Institute practices and knowledge at the time of going to press, but should not be considered as a replacement for competent medical advice. The reader retains responsibility for whatever actions they may or may not take. The author and publisher do not assume liability for possible damage or injury resulting from the practical advice offered in the publication.

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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From the practice

## CASE STUDIES

### LYME DISEASE AND BARTONELLA VIRUS

#### December 2017

A 16-year-old young man presented in the practice. He had been diagnosed with Lyme disease and Bartonella Virus. Bartonella bacteria cause several diseases in humans – the three most common are: Cat Scratch Disease, caused by *B. henselae*; Trench Fever, caused by *B. quintana*; and Carrión's disease, caused by *B. bacilliformis*.

He was bedridden and had withdrawn from his family, friends and school, and was barely speaking. Some years beforehand he had suffered concussion, and this may have been the catalyst for his deterioration. He suffered crushing headaches over the years and although seeing many medical and complementary practitioners no success in relief from them had been achieved. He experienced chest pains, dizzy spells, swollen Lymph glands in his neck with constant sore throat, and intermittent diarrhoea lasting hours at a time.

*The following biochemic treatment was prescribed:*

- No. 3 Ferrum phosphate 12X** –
  - 2 tablets before breakfast, lunch and dinner
- No. 8 Sodium chloride 6X** –
  - 2 tablets after meals.
- No. 5 Potassium phosphate 6X** –
  - 5 tablets first thing in the morning and at night.
- No. 10 Sodium sulphate 6X** –
  - 2 tablets before sleep.  
(Tablets to be dissolved in the mouth)

Before sleep, following the No. 10 – **Hot Seven:** using **No. 2 Calcium phosphate 6X** 2 tablets, and **No. 7 Magnesium phosphate 6X** 5 tablets.

#### January 2018:

Patient had started engaging with his family and speaking more. His general pain had diminished slightly, although no change to headaches at this stage.

#### February 2018:

Patient was now engaging with the family and once again holding conversations; although still experiencing some headaches and weakness. NO diarrhoea and dizzy spells. NO chest pains. Swelling of lymph glands had also greatly improved.

#### March/April 2018:

Patient continues to improve slowly. The prescription continues. *Stay tuned for updates.*

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*Biochemic Practitioner (WA)*

#### **Warning on vitamin D to Women who stop the Pill**

Women on the Pill risk becoming vitamin D deficient if they stop taking it, researcher have warned.

The finding means that those trying for a baby could lack the nutrient at the vital time before conception and in early pregnancy. US scientists found a link between the hormone oestrogen – which is in the Pill – and higher vitamin D levels. Taking the Pill can raise levels by 20 per cent. The conclusion follows tests on 1,700 women in the US. Vitamin D keeps bones healthy and is produced when the skin is exposed to sunlight. It can also come from certain foods. It is essential for the development of a baby.

But the researchers found that levels of the vitamin fell below the desired level in many women who stopped taking the Pill.

*Journal of Clinical Endocrinology & Metabolism*

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