

Schüssler Express

#53



THE MEDITERRANEAN DIET

Sure, everyone has heard or read about the values of the 'Mediterranean Diet'. But like most we seldom ask 'WHY'? Let's have a closer look:

We know it is good for us because it is rich in fruit and vegetables and keeps dairy and meat at a minimum. However, the most important reason it is so beneficial is the simple fact that it is rich in Magnesium.

Magnesium is found in all leafy green vegetables, nuts, grains, meats and fish, and helps reduce the risk of preventable diseases (e.g. *Magnesium phosphate controls cholesterol, hyper- and hypotension*). However, the key is not just eating one of the foods but a wide range containing this essential mineral.

Research has shown that a magnesium-rich diet reduces the risk of coronary heart disease by 10 %, risk of stroke by 12 % and a 26 % lower risk of type II diabetes – **perhaps we can understand this more when we realise that magnesium, in combination with the phosphate ion, activates over 300 enzymes in the body.**

10 REASONS TO EAT A MED DIET

1 It's the best way to lose Weight. People on a calorie-rich diet, packed with 'good' fats such as those in olive oil, lost more weight than those who strictly controlled their calories. A university of Barcelona study also found that cutting down on fat was the least effective way to trim 'spare tyre'.

2 You'll live longer. One in ten residents in the Italian village of Acciaroli, on the banks of the Mediterranean, will live to 100. Their simple secret? A healthy Mediterranean diet flavoured with plenty of rosemary, said to help with brain function.

3 ...and stay sharp. Older people who followed a Mediterranean diet retained more brain volume over a three-year period than those who did not follow the diet as closely.

4 It slashes the Risk of Cancer. The Med diet reduced the risk of breast cancer by 57 %, major heart attacks and strokes by 29 % and type II diabetes by 30 %, according to researchers from the US Department of Veterans Affairs medical centre.

5 ...and controls Diabetes. A recent review of 20 research trials, involving a total of more than 3,000 people with type II diabetes, found that if you want to lose weight and improve your cholesterol and blood sugar control, then your best bet is this diet.

6 Better than statins. People with cardiovascular disease should be prescribed a diet high in olive oil, vegetables and nuts before doctors consider turning to pills. Those who followed the diet were 37 % less likely to die prematurely from heart disease than patients who did not.

7 Boosts Men in the Bedroom. The diet appears to reduce the risk of erectile dysfunction and boosted men's testosterone levels, according to scientists at the University of California.

8 May help avoid ADHD. Research published in the journal Paediatrics found that children with high sugar and fat intakes were seven times more likely to have the disorder. It also reported a trend that youngsters who rarely ate fish, olive oil, fruits and vegetables often display ADHD symptoms.

9 Strong Bones. Women who eat a Med Diet are up to 30 % less like to suffer hip fractures.

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

www.biochemic-remedies.com.au

www.biochemie-online.org

© Copyright



Schüssler Express

#53



Scientists in Bavaria believe the nutrients in these foods may protect against the bone-thinning condition osteoporosis.

10 Helps ease Pain of Arthritis. The diet can reduce markers of inflammation and improve knee flexion and hip rotation in people with osteoarthritis, according to a University of Kent study. A separate Japanese study found that the diet can help suppress rheumatoid arthritis.

*Institute of Biochemic Medicine
(Asia Pacific)*



COURSE OF TREATMENT TO ASSIST 'FALLING ASLEEP' AND 'SLEEPING THROUGHOUT THE NIGHT'

Sleeping disorders, either falling asleep or not sleeping through the night, have various causes: Stress, worries or indigestive meals at night. The 'sleeping-cure' assists in getting a restful sleep.

Duration of treatment: minimum 3 weeks.

Recommended Tissue Salts

- No. 7 Magnesium phosphate 6X
- No. 2 Calcium phosphate 6X
- No. 21 Zinc chloride 6X

Administration: Take three to four tablets of each salt and prepare a 'Hot 7' (dissolve tablets in a cup of hot water). Sip the drink – keeping each sip in the mouth for a few moments – one hour before going to bed.

The additional use of valerian juice (available in chemists/health shops) may boost success.

*Günther H. Heepen
German Association of Biochemistry*

Case example

Sleeping Disorders

A 76-year-old lady complained of problems falling asleep and sleeping through the night – she was mulling over lots of things preventing her from calming down and falling asleep, although she felt tired.

She was recommended to take No. 7 Magnesium phosphate 6X, three to six tablets during the afternoon and evening. Two weeks later she reported that the problem had improved slightly but not to her satisfaction. Subsequently she was prescribed No. 21 Zinc chloride 6X in addition – both salts taken together as 'Hot 7' one hour before sleep – 5 tablets of each mineral.

After two days the patient said this combination was a miracle cure, she was able to have a good and restful sleep through the night. She continued the treatment for a further three weeks, since then she only uses it when stressful events aggravate her sleep.



Günther H. Heepen

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

www.biochemic-remedies.com.au
www.biochemie-online.org

© Copyright

