

Schüssler Express

#55



HEALTHY TEETH AND GUMS

To sustain healthy teeth and gums for a lifetime regular oral- and dental care is necessary. This is particularly important for care recipients and people with disabilities. Find out what you can do for yourself and others to look after teeth and gums gently and effectively.

DENTAL CARE EASY AND WITHOUT TOXINS

We use toothpastes, toothbrushes and other articles for the daily oral care. But, as in many other everyday products, these can also contain harmful substances. The toothpaste MinOral® is purposefully 100 per cent free of critical ingredients and additives such as silicones, paraffins and mineral oil as well as synthetic fragrances, dyes and preservatives.

Furthermore, MinOral® also refrains from the white dye titanium dioxide, which is under fire for being hazardous to health.

MinOral® - 3-times more clever

- With important Minerals – Ideal supplement to Schüssler-Salts
- NO Menthol – Homoeopathically compatible
- 100 % free of doubtful Ingredients and Additives



MINORAL® - THE HOMOEOPATHICALLY COMPATIBLE TOOTHPASTE WITH VALUABLE MINERALS, BASED ON BIOCHEMISTRY ACCORDING TO DR SCHÜSSLER, AND XYLITOL

People increasingly turn to alternative medicine. However, not everybody knows that when using homoeopathic remedies and Schüssler-Salts, products, containing essential oils, should be avoided; because menthol, etc. can impair the effects of homoeopathic remedies.

MinOral® is free of menthol and essential oils and thus an ideal companion when using homoeopathic remedies and Schüssler-Salts.

However, you do not have to go without the feeling of freshness after cleaning your teeth: **MinOral® provides oral freshness with a citrus taste.**

MINORAL® - FOR THE WHOLE FAMILY

- ❖ Without menthol and essential oils MinOral® is a valuable companion for every person using Homoeopathic remedies and Schüssler -Salts.
- ❖ In addition, MinOral® is a good choice in case of repulsion or intolerance of menthol.
- ❖ MinOral® cleans teeth for young and old both gently and thoroughly
- ❖ MinOral® is equally suitable for children and adults and thus benefits healthy teeth for the whole family.

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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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SCHÜSSLER-SALTS FOR ORAL- AND DENTAL HEALTH

Schüssler-Salts are valuable assistants for healthy teeth and gums, from as early as infancy. The most important tissue salts in oral- and dental care are:

No. 1 Calcium fluoride 12X – the salt of elasticity and hardening – is required when there is a tendency to tooth decay, too soft tooth enamel and thus vulnerable for bacteria, loose teeth. Besides No. 2 Calcium phosphate 6X, calcium fluoride promotes dental eruption in babies and infants.

No. 2 Calcium phosphate 6X – the salt for bones and teeth – is contained in bone- and dental tissue and is involved in their structure and renewal. It supports the teething process in children. Calcium phosphate is also recommended in case of pale gums, badly supplied with blood

No. 3 Ferrum phosphate 12X – the biochemic first aide remedy – is recommended for toothaches due to inflammation, acute gum infections, oral mucositis.

No. 5 Potassium phosphate 6X – recommended for reddened, irritated, inflamed gums – gums are aching and easily bleed.

No. 7 Magnesium phosphate 6X – the salt for muscles and nerves – assists periodically occurring toothache due to sensitivity of nerves.

No. 11 Silica 12X – together with No. 1 Calcium fluoride 12X, it assists the treatment of periodontitis (shrinking of the gum), loosening of the periodontium; gum bleeding when brushing, also irritable and sensitive gums.

Further remedies that may assist with toothache are: **No. 8 Sodium chloride 6X** when experiencing increased salivation (saliva looks as if containing small bubbles) – also apply **No. 8 cream** to the cheek several times a day; **No. 17 Manganum sulfuricum 6X** in case of searing or stinging pain, **No. 21 Zincum chloratum 6X** for neuralgic pains, also neuralgic headaches.

And naturally, the **Creams No. 3 Ferrum phosphate and No. 7 Magnesium phosphate** – applied externally to the cheek – are additional assistants to the tissue salts for toothache and gingivitis.

*Institute of Biochemic Medicine
(Asia Pacific)*

Banana Boost Smoothie



1 Banana
75 g cashews
2 dried dates
1 tsp maple syrup
1 tsp cocoa
300 ml (soy) milk

Preparation:

Peel the banana then put all ingredients into a mixer. Blend to a uniform liquid.

Tip: Serve the Banana Boost with chopped cashews and a slice of lemon

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