

# Schüssler Express

#56



## DEIONIZED MINERAL-‘WATER’ – “WATER”?

### Firstly, what does it mean?

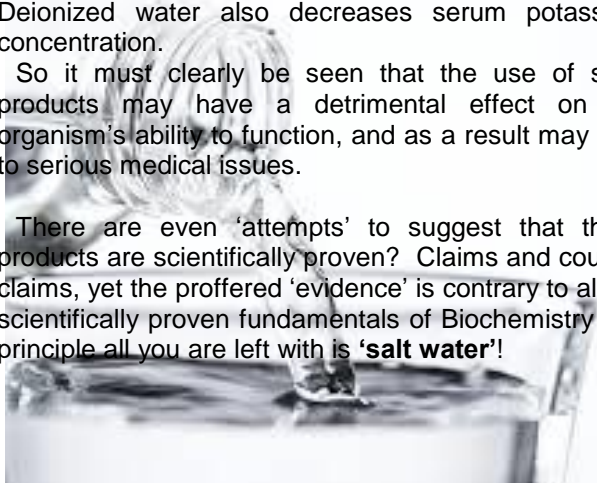
**Deionized water** (DI water, DIW or **de-ionized water**), often synonymous with **demineralized water** / **DM water**. It is water that has had almost, if not all of its **mineral ions removed**; such as the **cations** like sodium, calcium, iron, and **anions** such as chlorides and the sulphates. Including some trace elements.

*Biochemic practitioners will no doubt remember the cations and anions, and how important a role they play, in the assimilation into cells, and the fundamental function of the essential minerals in the organism.*

The World Health Organization (WHO) has investigated the health effects of demineralized water, and, its experiments in humans found that demineralized water **increased diuresis** (*increased production of urine*) and the **elimination of electrolytes**. As electrically charged particles, **electrolytes** help move nutrients into and wastes out of the body's cells, maintain a healthy water balance, and help stabilise the body's acid-base balance (pH). Deionized water also decreases serum potassium concentration.

So it must clearly be seen that the use of such products may have a detrimental effect on the organism's ability to function, and as a result may lead to serious medical issues.

There are even ‘attempts’ to suggest that these products are scientifically proven? Claims and counter claims, yet the proffered ‘evidence’ is contrary to all the scientifically proven fundamentals of Biochemistry – in principle all you are left with is ‘**salt water**’!



### What are Electrolytes?

Chemically, electrolytes are substances that become ions in solution and acquire the capacity to conduct electricity. Electrolytes are minerals that are found in body tissue and blood in the form of dissolved salts – the balance of the electrolytes in our bodies is **essential** for normal function of our cells and organs.

Common electrolytes that are measured by doctors with blood testing include sodium, potassium, chloride, and bicarbonate. The functions and normal range values for these electrolytes are described below.

#### Sodium

Sodium is the major positive ion (cation) in fluid outside of cells. The chemical notation for sodium is Na+. When combined with chloride, the resulting substance is table salt. Excess sodium (such as that obtained from dietary sources) is excreted in the urine. Sodium regulates the total amount of water in the body and the transmission of sodium into and out of individual cells also plays a role in critical body functions. Many processes in the body, especially in the brain, nervous system, and muscles, require electrical signals for communication. The movement of sodium is critical in generation of these electrical signals. **Too much or too little** sodium therefore can cause cells to malfunction, and extremes in the blood sodium levels (too much or too little) can be fatal.

**Increased sodium (hyponatremia)** in the blood occurs whenever there is excess sodium in relation to water. There are numerous causes of hyponatremia; these may include kidney disease, too little water intake, and loss of water due to diarrhea and/or vomiting.

**Decreased sodium (hyponatremia)** occurs whenever there is a relative increase in the amount of body water relative to sodium. This happens with some

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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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diseases of the liver and kidney, in patients with congestive heart failure, in burn victims, and in numerous other conditions.

## Potassium

Potassium is the major positive ion (cation) found inside of cells. The chemical notation for potassium is K+. The proper level of potassium is essential for normal cell function. Among the many functions of potassium in the body are regulation of the heartbeat and the function of the muscles. A seriously abnormal decrease in potassium (*hypokalaemia*) can profoundly affect the nervous system and increases the chance of irregular heartbeats (arrhythmias), which, when extreme, can be fatal.

I think I may stick to tap water thank you, it is less dangerous!

*Alex Sutton  
The Institute of Biochemic Medicine  
(Asia Pacific)*

## TAP WATER IS GOOD FOR THE SKIN

Already drinking half a litre of tap water improves the circulation to the skin and activates its metabolism. A research team at the Charité Hospital in Berlin verified these changes in a pilot study for the first time. According to this study approximately ten minutes after drinking water the skin is better supplied with blood, oxygenated, and thus the dermal metabolism, which supports the protective- and defence function, is stimulated.

This internal vitalisation effect also becomes noticeable in a fresher appearance of the skin.

*Healthy with Homoeopathy and Schüssler-Salts  
03/2016*

## INNER BODY CLEANSING

Detoxifying is the direct path to more health. During the course of the year harmful toxins are deposited in the body, so-called waste matter. Bloating, flatulence, constipation are possible consequences. This is often a subtle process, e.g. wrong foods (too sweet, too much meat, too little fruit & vegetables) or harmful environmental substances (too much sun, pollutants, etc.). Therefore it is recommended to do a detoxification course of treatment several times a year, e.g. the detox-cure with Schüssler-Salts.

Here the sulphate salts are of immense importance. They regulate the bile flow and thus stimulate digestion and excretion, which also essential for effective weight reduction.

### The recommended Schüssler-Salts are:

#### No. 12 Calcium sulphate 6X – 2 tabs each morning

- ✓ Stimulates bile flow and detoxification

#### No. 10 Sodium sulphate 6X – 2 tabs at noon

- ✓ Fosters excretion via the intestine
- ✓ Affects draining
- ✓ As the so-called 'cleansing salt' cleans the connective tissue

#### No. 6 Potassium sulphate 6X – 2 tabs at night

- ✓ Supports liver metabolism
- ✓ Boosts oxygen supply, stimulates repair- and healing processes of skin and mucous membranes
- ✓ Fosters cell renewal

**Duration:** 4 – 6 weeks (can be repeated after 1 week's break)

**Tip:** Drinking plenty of water helps the body with cleansing and detoxification – and incidentally leads to an improved mental efficacy.

*German Association of Biochemistry*

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