

Schüssler Express

#57



POWER FOR BODY, MIND AND SPIRIT

THE POWER REMEDY

Potassium phosphate 6X, the biochemic remedy No. 5 assists physical and mental exhaustion. It is indicated for all illnesses that come along with weakness, as it exhibits a strengthening effect on the nervous system, musculature and the cellular metabolism. This functional remedy has been tried and trusted for nervous debility, depressive moods but also physical debility. Potassium phosphate may have a surprisingly quick effect in situations of general fatigue and exhaustion. In acute situations it is recommended to dissolve one Potassium phosphate tablet in the mouth every five minutes; or dissolve 10 tablets in some water (ca 100 ml) and sip slowly. Keep the liquid in the mouth for a moment to allow absorption via the buccal mucosa. For this mineral the water temperature is of individual preference.

MASTER CHALLENGES

Those who are long-term overtaxed get exhausted. When exhausted we are less able to achieve and manage. Thus the vicious circle starts with the result that someone may simply 'function'. Then the person affected will lose the joy in their activity. Everything becomes tedious, is only an obligation. To say 'NO' also requires strength. In order to cope with daily challenges body, mind and soul need recreational phases which allow for the necessary relaxation and regeneration. Therefore, it can well be that a person requires the stimulating Schüssler-Salt No. 5 Potassium phosphate 6X to come to rest and get off the 'hamster wheel'. Also, people who cannot get to

sleep because of worries and/or thoughts may benefit from the administration of No. 5 Potassium phosphate.

ADVICE

- Nuts are good nutrition for the nervous system.
- Spend 10 to 30 minutes each day outdoors – enjoy nature without thinking of work, conflicts or problems

ADMINISTRATION AND DOSAGE

Take one tablet 3 times a day – either ½ hour before or after meals. Allow tablet to dissolve in the mouth.

*The Institute of Biochemic Medicine
(Asia Pacific)*

The Clinical Science of Biochemic Therapy (Dr med W.H. Schüssler) < Diploma Course > Incorporating Facial Diagnostics

SEMINARS 2019

5 th – 8 th April 2019	Perth / WA
3 rd – 6 th May 2019	Chewton / VIC
10 th – 13 th May 2019	Trafalgar / VIC
7 th – 10 th June 2019	Ashgrove / QLD

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ENERGY-CURE

WITH NATURAL ENERGY THROUGH THE DAY

The Schüssler-Salts 'Energy-Cure' includes a manageable amount of remedies with a simple and easy administration. The minerals No. 3, 5 and 7, assist in feeling energetic and balanced. They contain phosphates which are vital for the energy control in our organism.

Combination of Schüssler-Salts tablets No. 3+5+7:

❖ No. 3 Ferrum phosphate 12X –

The salt for the Immune system – Ferrum phosphate supports the immune defence and provides for a better oxygen absorption

❖ No. 5 Potassium phosphate 6X –

The salt for Nerves and Mind – Potassium phosphate brings strength to body, mind and soul

❖ No. 7 Magnesium phosphate 6X –

The salt for Muscles and Nerves – Magnesium phosphate fosters sleep and rest at night.

Administration and Dosage:

- **Morning:** No. 5 Potassium phosphate, *2 tablets
- **Noon:** No. 3 Ferrum phosphate, *2 tablets
- **Night:** No. 7 Mag phosphate, *2 tablets

*Allow tablets to dissolve in the mouth.

*The Institute of Biochemic Medicine
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WAY TO GOOD HEALTH

Bi-monthly Magazine for the Health-conscious

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BONES AND VITAMIN D

(London) Scientists have found little to justify the use of Vitamin D supplements to maintain or improve musculoskeletal health. Researchers say taking the supplement is useful but only for high risk groups who want to prevent rare conditions such as rickets and osteomalacia.

The study, published in 'The Lancet Diabetes and Endocrinology Journal', also found there was no difference between the effects of higher and lower doses of Vitamin D.

The lead author Dr Mar Boland, said meta-analyses had found that Vitamin D did not prevent fractures, falls or improve bone mineral density, whether at high or low dose.

"Diet drinks a dire Risk" (Research by the Adelaide Medical School).

Diet drinks and artificial sweeteners that many use to cut their sugar consumption could actually put them at risk of developing type 2 diabetes, research suggests.

Scientists have found that a high intake of low-calorie sweeteners over just two weeks was enough to significantly alter the make-up of bacteria in the gut.

This changes the way the body absorbs and regulates blood sugar, which increases the risk of developing diabetes over time.

Adelaide Medical School



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