

# Schüssler Express

#60



## MUSCLES AND JOINTS

### FLEXIBILITY FOR LIFE

**O**ur joints live by movement. The only means for the cartilage between the joints to be provided with the necessary nutrients. How to set your muscles and joints in motion.

They are the impulse for mobility and the framework of the body: Bones and joints, tendons and muscles provide for an upright posture, get us from A to B and allow us the various movements. Without them a mobile life would be unthinkable. Together they form the musculoskeletal system of our body and perform many essential functions.

### STRONG BONES. FLEXIBLE MUSCLES. CUSHIONING JOINTS.

Over 200 bones make up the human skeleton. They are mainly connected via joints. So that these do not rub against each other with each movement they are covered with a protective cartilage layer and synovia. The cartilage cares for elasticity of pressure and acts like a shock absorber. With its contractions the skeletal musculature caters for any and all movements.

### A COMMON PHENOMENON: JOINT PROBLEMS AND MUSCLE TENSIONS

The afflictions of the locomotor system are manifold, often painful and with negative effects on the quality of life. Among the most common syndromes are for example arthrosis, rheumatoid arthritis. Children are already affected by the widespread disease – backache; for most lumbago is not a stranger and slipped discs fill doctor's surgeries. Neck- and back

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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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tensions or knee pain, no matter due to too long sitting, bad posture or a fall, almost everybody is familiar with it.

### KEEP IN MOTION! FOR THE SAKE OF YOUR JOINTS

Use it or lose it. Movement improves the nurture of the cartilage. Well trained muscles, ligaments, tendons and joints support and relieve our locomotor system. When choosing athletic activities consider sports with calm, regular movement sequences and minor strain of the joints. For example, swimming, cycling, aqua-jogging, Nordic walking or coordination training can strengthen the musculature, protect the cartilage and joints and thus support healthy bones.

### THE NOURISHMENT – SUPPORT FOR OUR SKELETAL SYSTEM

With a suitable diet we can also influence the health of our locomotor system. Alkaline forming foods can prevent an excess of acid in the tissues and block an already existing inflammatory process.

### WITHOUT MINERALS NO MOVEMENT

Schüssler-Salts as diluted mineral compounds assist in keeping us flexible. They support absorption and utilisation of minerals from foods. Movement and sport are important for a healthy metabolism. They are fundamental for a healthy cardiovascular system and a proven protective effect in relation to diabetes type II,



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strokes and heart attacks. A mineral balance is again a prerequisite for physical performance. Any minor imbalance causes disorders: Muscles start cramping, ligaments ache, joints crack. Here the Schüssler-Salts come into play.

## THESE COMBINATIONS OF SCHÜSSLER-SALTS HAVE PROVEN SUCCESSFUL IN THE SUPPORT OF ATHLETIC ACTIVITIES

### Energy

**No. 2** Calcium phosphate 6X, **No. 5** Potassium phosphate 6X, **No. 7** Magnesium phosphate 6X

### Strength

**No. 3** Ferrum phosphate 12X, **No. 5** Potassium phosphate 6X, **No. 8** Sodium chloride 6X

### Flexibility

**No. 1** Calcium fluoride 12X, **No. 8** Sodium chloride 6X

### Stamina

**No. 3** Ferrum phosphate 12X, **No. 5** Potassium phosphate 6X, **No. 6** Potassium sulphate 6X

### Regeneration

**No. 2** Calcium phosphate, **No. 5** Potassium phosphate 6X, **No. 8** Sodium chloride 6X

### Acidosis

**No. 8** Sodium chloride 6X, **No. 9** Sodium phosphate 6X, **No. 23** Sodium bicarbonate 6X

**Dosage & Administration:** 1–2 tablets (each mineral) three times a day – tablets to be dissolved in the mouth.

## A PLUS FOR ACTIVE ATHLETES

An adequate supply of Magnesium phosphate is essential for fitness or regular sporting activities. Physical active people have an increased demand: They need more energy; their metabolism is more active; they excrete minerals via sweat and urine. The required magnesium phosphate amount (minimum 300 mg per day) must be regularly absorbed through food, or in case of a deficiency supplemented with magnesium phosphate preparations. But: A magnesium phosphate deficiency firstly creates a loss of this valuable mineral in the cells.

And this is where the biochemistry according to Dr Schüssler begins. Competitive sportsmen may increase the administration of **No. 7** Magnesium phosphate 6X to 15 tablets/day in high-performance phases. The combination of **No. 7** with the 'Energy' minerals **No. 2** Calcium phosphate 6X and **No. 5** Potassium phosphate 6X is well-suited. Apart from the internal use (tablets/drops) the biochemic creams directly assist in the strengthening but also the relaxation of muscles when applied externally.

During sporting activities more excreted substances accumulate, such as water, lactic acid, gases and harmful substances. Here the remedies **No. 6** Potassium sulphate 6X and **No. 10** Sodium sulphate 6X are of assistance. They support the excretion of metabolic products.

*The Institute of Biochemic Medicine  
(Asia Pacific)*

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