

Schüssler Express

#61



METABOLISM AND DIGESTION

THE METABOLISM – A VERY PERSONAL INTERPLAY

The word 'metabolism' is often used in connection with weight reduction. References are made to stimulate or boost the metabolism when people want to lose weight. But what does metabolism actually mean?

The metabolism is one of the vital attributes of life. It means all biochemical processes in living beings. Respiration and ingestion as well as their utilisation and excretion. Nutrients, minerals, trace-elements and vitamins are utilised or stored for bioprocesses. Hormones and enzymes as well as the nervous system play an important role.

FROM FOOD INTAKE TO METABOLISM

In the stomach and intestine, the ingested food gets broken down into its components (amino acids, monosaccharides, fatty acids, minerals, etc.) and resorbed via the intestinal mucosa. From there the lymph and blood undertake the transport to the cells where the metabolism takes place. Substances are constantly absorbed, transported, metabolised, decomposed and again excreted. A healthy metabolism therefore entails the transformation of nutrients, absorbed with food, into physically usable substances.

Thus, energy is created for organs, tissues and cells. The synthesising- and degrading processes which the body passes through are called anabolism and catabolism. Only when the body provides sufficient

energy for all cells and systems is the metabolism able to work optimally and we feel health.

TO NEED AND SPEND ENERGY

How much energy the body spends for the salvage of the bodily functions depends, among others, on environmental factors such as temperature, the body composition (muscle- or fatty tissue portion) or the hormones. With increasing age, the metabolism and body composition changes.

From the age of 30 muscular mass reduces when not being sportingly active, and the amount of fat content increases. Fat cells use less calories than muscle. The problem, as one gets older, is often due to the fact, that with an unchanged calorie intake less calories are burnt. Because the over-all energy consumption must be correct. Alongside the basal metabolism, which maintains all vital functions during dormancy, belongs the power conversion for the total energy expenditure, therefore energy which is furthermore required for movement or growth. Thus, how many calories one requires and spends each day also depends on the physical activity.

GIVE YOUR METABOLISM A LEG UP

With exercise and movement, you burn up more energy and raise your power conversion and basal metabolism.

When doing sports several times a week you build up muscle mass, foster fat burning and calorie consumption. A walk or cycling to work, using the steps instead of the lift, the utilisation of the swimming

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

#61



pool or fitness studio – each and every activity benefits the metabolism. Apart from movement, persistence is important – thus a regulated biorhythm, and the appropriate nutrients promote an intact metabolism:

- Regular mealtimes – 3 meals a day are adequate
- Take breaks for digestion
- Adequate sleep at night – minimum 7 hours
- Favour fresh, vital-rich high-protein foods
- Drink 1.5 litres of water each day

THE METABOLIC-CURE

Goal: Turbo for the metabolism, Weight-loss and Detoxification

- **No. 4 Potassium chloride 6X** – binds chemical toxins and stimulates glands
- **No. 8 Sodium chloride 6X** – regulates fluid balance, stabilised the acid-alkaline balance, detoxes
- **No. 9 Sodium phosphate 6X** – breaks down excess acids, supports fat metabolism
- **No. 10 Sodium sulphate 6X** – supports liver and colon in detoxification

Recommended administration:

Take 5 – 7 tablets of each mineral each day – tablets are either dissolved in the mouth or dissolved in water and sipped (keep each sip in the mouth for a few moments). Duration of treatment: 4 – 8 weeks.

Possible additional supplementary remedies No. 15 Kalium jodatum 6X and No. 23 Sodium bicarbonicum 6X (3 – 5 tablets each)

External application: No. 1 Calcium fluoride and No. 7 Magnesium phosphate **cream/lotion**

Study: Proportion of diet related deaths in 195 countries

In 2017 eleven million deaths were linked to people eating poor diets high in sugar, salt and processed meat that contributed to heart disease, cancer and diabetes.

Consumption of healthy foods such as nuts and seeds, milk and whole grains was too low on average and most people consumed far too much in the way of sugary drinks and processed meat and salts.

This led to one in five deaths in 2017 being linked to bad diets.

This Global Burden of disease study tracked trends from 1990 to 2017 of the consumption of 15 dietary factors.

The highest rate of diet related deaths was Uzbekistan and the lowest Israel, while the USA ranked 43rd in the listing, UK ranked 23rd with China 140th and India 118th.

Lancet Medical Journal

Prevent and overcome ravenousness with Schüssler-Salts

Experiences in Dr Schüssler's biochemistry show the hidden need for a certain Schüssler-Salt behind the following cravings. When this demand is muted the 'unhealthy' needs subside. In acute situations of a ravenous attack suck one tablet of the selected salt every 5 minutes.

Craving

Fatty foods/Cream
Meat
Smoked meat, bacon
Ravenous (general)
Cocoa/chocolate
Pastries
Milk (-products)
Nuts
Spicy foods
Salt

Schüssler-Salt

No. 9 Sodium phosphate 6X
No. 2 Calcium phosphate 6X
No. 2 Calcium phosphate 6X
No. 9 Sodium phosphate 6X
No. 7 Mag phosphate 6X
No. 9 Sodium phosphate 6X
No. 2 Calcium phosphate 6X
No. 5 Potassium phosphate 6X
No. 2 Calcium phosphate 6X
No. 8 Sodium chloride 6X

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

