

Schüssler Express

#63



PREVENT COLDS EFFECTIVELY

Administer Schüssler-Salts correctly – Special Directions for Children

For the stabilisation of the immune system children can take up to six tablets of No. 3 Ferrum phosphate 12X a day (dissolved in the mouth) up to springtime. This administration also supports energy generation and power of concentration in children. In acute situations at the first signs of a cold it is recommended to suck one tablet of No. 3 every five minutes, until the symptoms improve. Alternatively, take six tablets every half hour, dissolved in water – keep each sip in the mouth for a few moments. As there are no interactions with other medications/therapies Schüssler-Salts can be used in addition to any (complementary) medical therapy. An administration for months will continue to provide positive effects – overdosing is not possible.

Even babies can take the biochemic tablets. Tablets can be dissolved in water and administered with a medical aspirator, or a tablet is mixed into a paste in a little boiled, cooled water. The mash is then put into the corner of the mouth. No. 3 Ferrum phosphate is used for initiating infections and low fever under 38.5°C. The fever is, as long as it does not reach a threatening level, not fought. Sufficient fluid intake and rest are very important.

Attention! When the fever climbs above 40°C but the skin is cool or the child's condition is bad, contact a doctor or call an ambulance immediately. Also, a doctor should always be contacted when a baby under six months has a fever; and consult with a doctor when symptoms worsen or when recognising other abnormalities such as apathic behaviour.

THE IMMUNE-CURE

Goal: Strengthening of the Immune System, Defence of Infections

Schüssler-Salts	Effect	Daily Administration
No. 3 Ferrum phosphate 12X	General first-aid remedy	5 – 7 tablets
No. 8 Sodium chloride 6X	Fluid balance, Structure of Mucous Membrane	5 – 7 tablets
No. 10 Sodium sulphate 6X	Excretion and Detoxification	7 tablets
No. 21 Zincum chloratum 6X	Immune system, stabilises the Nervous- and Hormonal system	5 – 7 tablets

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Administration: All tablets are taken throughout the day – they can either be sucked or dissolved in water and sipped during the day. Keep each sip in the mouth for a few moments.

Duration: The treatment should be followed for at least 4 weeks. It can be continued.

Alleviate Cold Symptoms

Colds are often termed as flue, but they have nothing to do with a real viral flu. A cold is an infection of the upper airways; the symptoms occur in individually different combinations. After three to seven days they should have definitively improved and within 2 weeks overcome. Schüssler-Salts assist in alleviating the symptoms and accelerate the recovery process. In acute situations only a few remedies in adequate dosage are required. Therefore, it is important to recognise the need in order to determine the correct remedy.

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

Seminars 2020

13. – 16. February 2020 Perth WA
20. – 23. February 2020 Geraldton WA
5. – 8. June 2020 Ashgrove QLD

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As dates & locations become available, they will be advertised here and on the website.

The Cold starts

Sore throat and an increased temperature are typical signs for a start of a disease. The throat is red and inflamed, it feels rough with problems of swallowing. With an effective support of the natural immune defence in this phase it is often possible to avert the illness. Here No. 3 Ferrum phosphate 12X comes into action. Additional throat compresses have proven beneficial for sore throat and/or hoarseness. Ten tablets of No. 3 are dissolved in warm water; soak a cloth in the solution and place on the throat. Cover the damp cloth with cling wrap then apply a warm scarf. The compress should remain in position as long as it feels comfortable. In case of shivering and a feeling of coldness in hands and feet the biochemic cream No. 3 Ferrum phosphate can be rubbed in. This also stimulates the energy zones of organs. If necessary, the application can be repeated.

Sneezing and tingling in the nose of often forerunners of a head cold. At this stage shivering and pressure in the head are also frequently experienced. These symptoms indicate a need for the biochemic remedy No. 8 Sodium chloride 6X, which is also applicable for a dry cough. Limb pain or the feeling of heavy limbs require the use of No. 10 Sodium sulphate 6X.

The Cold expands

Swollen mucous membranes are an indication for an insufficient initial defence reaction of the body. Now the inflammation expands, the pharyngeal mucosa swells, the throat is sore, the larynx is inflamed. No. 4 Potassium chloride 6X supports the body in this second phase of inflammation. The need show in a white coated tongue as well as in whitish secretions. Watery running nose is a sign for No. 8 Sodium chloride 6X, also reddened and burning eyes. A thick cold during the cold is regarded as a blockage of the healing process. In

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order to loosen the blockage No. 12 Calcium sulphate 6X should be used. A yellow-greenish secretion is an indication for No. 10 Sodium sulphate 6X.

After two to three days a phlegmy cough develops due to heavy secretion productions in the bronchi. The main remedy in this phase is No. 4 Potassium chloride 6X. In some circumstances an irritating cough can well persist for a few weeks, even when the cold has abated. The barking, convulsive cough is treated with No. 2 Calcium phosphate 6X (particularly in children) and No. 7 Magnesium phosphate 6X (in form of 'Hot Seven').

The Cold is stubborn

Yellow secretion is a sign of No. 6 Potassium sulphate 6X. This is also the necessary remedy with the danger of the diseases turning chronic. As Potassium sulphate strongly stimulates the excretory process it is recommended to take No. 10 Sodium sulphate 6X in addition. This way excretion reactions, for instance itchy skin, swellings of the limbs) can be avoided.

*The Institute of Biochemic Medicine
(Asia – Pacific)*

Tissue Salts for Animals 1-Day Seminar

10th August 2019 – Hurstbridge VIC
21st September 2019 – Roleystone WA

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FROM THE PRACTICE

One year ago, a female patient was booked to have her second knee reconstruction. Her husband had a fall and tore the ligaments in his rotator cuff and needed surgery. Hence her knee operation was put on hold.

For the time being she was recommended to use the biochemic treatment for strong joints – as long as there was some cartilage. The tissue salts involved were:

- **Mornings:** No. 1 Calcium fluoride 12X – 4 tablets, plus No. 1 cream applied to the knee
- **Noon:** No. 11 Silica 12X – 4 tablets, plus No. 11 cream applied to the knee
- **Evening:** No. 17 Manganum sulfuricum 6X – 4 tablets, followed by No. 8 Sodium chloride 6X – 3 tablets

Before bedtime she applied No. 1 cream again. For any pain and also when able to start walking again, she was recommended to use No. 7 Magnesium phosphate 6X as a 'Hot Seven'.

She followed the regime rigorously and after 2 weeks she was able to start walking again. Six months later she saw the specialist and exclaimed that she was able to do everything she used to, and she was pain free. After a thorough examination of the knee the specialist was satisfied and explained that surgery was no longer necessary, and she should continue with what she was doing.

And she is still going strong, keeping up her exercises most days.

Biochemic practitioner (QLD)

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