

# Schüssler Express

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## INTENSIVE WEIGHT-LOSS TREATMENT WITH SCHÜSSLER-SALTS

**A** Means of assisting and success of weight loss using Schüssler-Salts. The following method of administration over a period of three to six weeks of intensive treatment has proven quite successful

### Step I:

To start this course of treatment, on the morning of the first day, prepare yourself a hot drink (like the 'Hot Seven') with Schüssler-Salts. Put three tablets of No. 4 Potassium chloride 6X, No. 9 Sodium phosphate 6X and No. 10 Sodium sulphate 6X in a cup and top up with hot water. Allow tablets to dissolve, if necessary, stir, and slowly sip the drink, keeping each sip in the mouth for a few moments; this allows for the minerals to be absorbed via the buccal mucosa and sublingual tissue.

Thus, your body receives a high dose of supporting mineral substances right from the beginning.

### Step II:

Following step one, continue by taking one tablet each of Schüssler-Salts No. 4 Potassium chloride 6X, No. 9 Sodium phosphate 6X and No. 10 Sodium sulphate 6X six times a day for three days. Allow the tablets to slowly dissolve in the mouth and after each administration drink a glass of water, to promote the excretion of released toxins.

### Step III:

After the three days administer No. 4 Potassium chloride 6X, No. 9 Sodium phosphate 6X and No. 10 Sodium sulphate 6X – one tablet each three times daily – for the following three to six weeks (depending on how long you decide to follow your personal treatment).

### Additionally:

Depending on the individual need Schüssler-Salts No. 3 Ferrum phosphate 12X, No. 5 Potassium phosphate 6X and No. 7 Magnesium phosphate 6X can be taken in addition.

### Schüssler-Salts-Cream:

For an improved weight-loss success and as a complement it is recommended to use the Schüssler-Salts-Cream No. 1 Calcium fluoride externally. Apply the cream at night and in the morning to the problem areas, gently massaging the cream into the skin until fully absorbed.

*DHU Schüssler-Salze*

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(Dr med W.H. Schüssler)

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## SCHÜSSLER-SALTS FOR BURNOUT & ANTI-STRESS TREATMENT

People who suffer from burnout often reach for medication to treat exhaustion, sleeplessness, pain or depression. A crucial cause of burnout is long-term stress which makes for the depletion of essential minerals in the body.

An alternative to orthodox medicine are Schüssler-Salts, as they assist the body in a gentle way to improve absorption and utilisation of the mineral substances provided through foods, and thus reduce disorders.

### Schüssler-Salts beneficial for Burnout

**No. 5 Potassium phosphate 6X** – assists physical and mental exhaustion as well as depressions. In acute situations take one tablet every 5 minutes until condition improves. After two days it should be reverted to the normal dose, i.e. 2 tablets three times daily.

**No. 7 Magnesium phosphate 6X** – strengthens nerves and caters for calmness and relaxation at night

**No. 2 Calcium phosphate 6X** – relaxes muscles and strengthens the body

In case of exhaustion the supplementary remedy No. 22 Calcium carbonicum 6X is recommended as it ensures improved regeneration of the body.

### ANTI-STRESS & NERVE TREATMENT

The three main tissue salts of the anti-stress and nerve treatment are:

- ❖ No. 2 Calcium phosphate 6X
- ❖ No. 5 Potassium phosphate 6X
- ❖ No. 7 Magnesium phosphate 6X

For the course of treatment take two tablets of each mineral three times daily and don't forget to drink a large glass of water afterwards each time to accelerate the excretion of possible toxins.

Normally the anti-stress treatment should be followed for at least four weeks but can be extended if ongoing stress is experienced. It is possible to take the tissue salts No. 5 and No. 7 long-term in order to achieve the desired effect.

However, it is very important that, besides the treatment with Schüssler-Salts, you do your best to de-stress your life, be it through targeted moments of serenity, courses on relaxation and stress management, meditation or an economisation of work and in everyday life.

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

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