

# Schüssler Express

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## SCHÜSSLER BIOCHEMISTRY - EFFECTIVE FOR THE STOMACH

**A**cute problems, such as heart burn, belching, flatulence and gas, which respond well to the biochemic remedies No. 3 Ferrum phosphate 6X and No. 4 Potassium chloride 6X, must be differentiated. The two minerals should be administered in alternation – one tablet every 15 minutes (dissolved in the mouth) until the problem subsides (*medical check is always necessary for recurring problems!*).

However, chronic diseases that develop slowly and appear after a long period of time require, besides the therapeutic treatment, a 'rolling-cure' with the following biochemic remedies: No. 3, 4, 5, 6, 7, 8, 9, 10. Of each mineral, taken in daily alternation, prepare a 'hot application' as follows: Dissolve 10 tablets of the respective mineral in a cup of hot water, sip slowly then rest on the bed or couch. The 'rolling-cure' is administered three times a day – morning, noon and night. While resting, turn in a clockwise motion from your back on to the right side, then on the belly and finally on the left side – keep each position for five minutes. It is important to use only one mineral per day, so after eight days all minerals have been taken.

Patience is the key! For clarification, assuming you start on a Wednesday – 3 times 'rolling-cure' with No. 3, Thursday – 3 times 10 tablets of No. 4, and so on.

The purpose of this treatment: The troubled stomach lining, affected by various nutritional errors and stress, will slowly recover by avoiding upsets, alcohol and nicotine, and with a change of diet to more natural foods such as potatoes in form of mashed potatoes, also refrain from bloating vegetables like cabbage, legumes. With tender poultry, curd, milk and soft-

boiled eggs meals can be quite tasty. However, chronic stomach illnesses do not like salt, pepper and hot spices, dark grain bread and porridge, prepared from grains (unless they have been soaked for a day). Porridge oats are fine and should be mixed with low fat curd or natural yoghurt. Mineral water (still) is preferable – carbonated drinks cause bloating. Tender, 'white' meat should be chosen (e.g. poultry, low fat and unsmoked fish – both cooked not fried).

Unfortunately, patients suffering stomach problems have to make slight sacrifices – the price for previous mistakes. A fasting cure should not be undertaken without medical guidance, as it is a too high a burden for the stomach. Once the belly is all right again after a while there is no reason why a normal diet cannot be reintroduced.

*German Association of Biochemistry (BBD)*

### The Clinical Science of Biochemic Therapy

Dr (med) W.H. Schüssler  
<<Diploma- Seminar>>

21. – 24. May 2020 Ballarat (VIC)

5. – 8. June 2020 Ashgrove (QLD)

[www.biochemic-remedies.com.au](http://www.biochemic-remedies.com.au)

### Way to Good Health

Bi-monthly Magazine for Schüssler Biochemistry and Natural Healthcare

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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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## SCHÜSSLER-SALTS FOR CATS

**T**issue Salts are not only beneficial for humans, but they have been well-proven in animal diseases. Here are a few Schüssler-Salts suitable for cats:

**No. 11 Silica 12X** – The salt ensures a beautiful fur and supports the construction of bones, cartilage and teeth.

**No. 1 Calcium fluoride 12X** – This salt ensures healthy growth and assists with complaints in the field of health.

For epileptic seizures that are not hereditary, **No. 7 Magnesium phosphate 6X** should be administered as a 'Hot Seven' – dissolve 10 tablets in cold water.

The usual daily dose for cats is 3 tablets. These can either be ground and mixed with the feed or dissolved in drinking water – please avoid the use of metal bowls, as they may affect the effect of the salts.

*DHU (Deutsche Homöopathie Union)*

## COVID-19 CORONAVIRUS

As you are no doubt aware there is at this moment in time NO known cure for this virus!

However, it would be apparent that a strengthened immune system may well assist in overcoming this virus, although there is no guarantee.

Our suggestion would be to take TWO No 3 Ferrum Phosphate 12X before meals, TWO No 4 Potassium Chloride 6X after meals, TWO No 6 Kali Sulphate 6X mid-morning and mid- afternoon orally.

Alternatively, dissolve FIVE No. 3 and FIVE No. 4 tablets in a water bottle for consumption during the morning and again another bottle with identical amounts of minerals for the afternoon.

No. 6 should be taken independently as mentioned.

*(Practitioners are urged to re-read their notes on these minerals to reinforce their purposes)*

*Institute of Biochemic Medicine (Asia – Pacific)*

## BALANCE-CURE – INNER CLEANSING WITH SCHÜSSLER-SALTS No. 12+10+6

**Y**ou want to support your body gently and effectively? The balance-cure combines all three biochemic sulphate remedies No. 10 Sodium sulphate 6X, No. 6 Potassium sulphate 6X and No. 12 Calcium sulphate 6X.

Combine three Schüssler-Salts for inner cleansing/balance:

- **No. 6 Potassium sulphate 6X** –  
The salt for purification – Potassium sulphate exists in the upper layers of skin and mucous membranes, and in all cells containing iron. It supports the body in decomposition and excretion of unnecessary ballast.
- **No. 10 Sodium sulphate 6X** –  
The salt for inner cleansing – Sodium sulphate is mainly contained in all tissue fluids. It is the biochemic remedy for excretion and exists in the emunctories where it assists the body with the discharge of excess water.
- **No. 12 Calcium sulphate 6X** –  
The salt for the joints – Calcium sulphate occurs among others in the liver and cartilage. It is a natural component of the joints. It also exists in the excretory organs.

### Administration:

- Morning: No. 12 – 2 tablets, dissolve in mouth
- Noon: No. 10 – 2 tablets, dissolve in mouth
- Night: No. 6 – 2 tablets, dissolve in mouth

**Duration of treatment:** 4 – 6 weeks

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