

# Schüssler Express

# 71



## DECISIVE FOR OUR HEALTH – THE IMMUNE SYSTEM

**J**ust where we have to be the most efficient, lurk the most sources of illness – the workplace.

The damp and cold season puts our body to the test. It becomes more susceptible to various pathogenic agents through the weather and dry heating air. Now it is more important than ever to strengthen the immune system – it ensures that the pervasive germs such as viruses, bacteria and fungi cannot permeate our body. Behind such a strong protective shield are billions of defence cells, e.g. leucocytes. They bustle in our entire body – in the blood, tissue, on the mucous membranes and lymph nodes...

But still we get sick from time to time. Example cold: the immune system is overchallenged and is unable to react to all assailing pathogens. Luckily, at the first signs of cough, cold and swollen eyes we are able to counteract and, with the correct remedies from Schüssler's biochemistry may contribute to the strengthening of our body's defence.

### How does a weak Immune System develop?

Various triggers can be the cause of a weakening resistance. Apart from weather related stress, environmental toxins or unhealthy behaviour-, and lifestyles also affect the body's defence.

A major cause for a weakened immune system is persisting stress. The permanent pressure also benefits the development of further 'immune killers', such as sleeping disorders (trouble falling asleep, middle of the night insomnia) for instance. Other unfavourable factors for our body's defence are lack of

exercise, unhealthy and mineral-poor diet with lots of sugar, as well as alcohol and nicotine.

Effects of a weakened immune defence are clearly recognisable – possible symptoms are permanent fatigue, exhaustion, difficulty in concentration and lack of motivation.

### What strengthens the Immune System naturally?

There are various natural options to strengthen the immune system, among them the Schüssler-Salts.

### Any other Options?

Certain life- and behaviour styles also have a decisive influence on the immune system. The following seven schemes assist to avoid or minimize susceptibility to infection, e.g. colds.

#### 1. Mineral-P and Vitamin rich Diet

The immune system requires a certain mixture of nutrient to be able to function correctly – zinc, copper, iron, magnesium, vitamin A, vitamin C, vitamin D and vitamin E.

Further advantage: A healthy diet provides the body with antioxidants, thus counteract free radicals and at the same time supports metabolism. This process ensures that consumed foods are broken up into their nutrients. They convey energy which is vital for the maintenance of our body functions. This also contributes to a healthy skin which also protects us effectively against pathogens.

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## 2. Regular Exercise

Physical activity has a direct influence on the immune defence. Exercise regularly and where possible in fresh air – from walking to endurance training. To keep the immune system fit and improve your body's defence it is recommended to be athletically active at least 3 times a week for a minimum of 30 minutes.

## 3. Conscious Downtimes

In stressful phases our body's defence has to cope with a whole range of stresses and strains. Stress entails further 'immune killers' such as overtiredness or bad mood which affect the defence. For those who then develop an infection this should be a clear sign: Conscious relaxation should now be incorporated in our daily routine.

## 4. Adequate Sleep

The amount of sleep we need differs individually. However, it is for certain: We should get between seven and nine hours a night. The deep sleep is particularly important. Our body's defences require the rest in order to effectively fight off pathogenic agents.

Another effect: Only with good sleep do we have strong nerves and don't get worked up so easily.

## 5. Maintain Social Contacts

Family and friends have a huge influence on our physical health and well-being. Because the feeling of security and cheerfulness reduces the release of the stress hormone Cortisol.

## 6. Correct Aeration

During the colder season and when spending lots of time indoors inrush airing is imperative. Because, the more we stay in heated rooms the dryer our mucous membranes get – and thus more susceptible to pathogens. But we can protect ourselves: At least

three times a day air the room/s for approximately 10 minutes. Germs can escape. By the way, the ideal room temperature for the body's defence is 21°C for the lounge room and between 16 and 18°C for the bedroom.

## 7. Hygiene

Many pathogens or pollen enter the body via our hands. For instance, when we hold on to a handhold on the bus, train, up and down steps, etc. – and then rub our eyes. This way bacteria and germs get directly to the mucous membranes of the eyes. All the more important is the correct washing of hands. Therefore, clean your hands several times a day: Soap for 30 seconds, rinse (cold water) and dry thoroughly.

## No. 3 FERRUM PHOSPHATE – THE SALT FOR THE IMMUNE SYSTEM

### Function in the Body

Ferrum phosphate has a share in the immune system and caters for a good oxygen absorption in the body.

### Occurrence in the Body

Iron (Ferrum phosphate) is contained in all cells of the human body, particularly in the muscle cells and as a component of haemoglobin.

### Advice

The Immune- combines the three minerals **No. 3 Ferrum phosphate 12X** – for all kinds of infections – 2 tablets in the morning, **No. 7 Magnesium phosphate 6X** – for the treatment of muscle pains and muscle tensions – 2 tablets at noon, **No. 6 Potassium sulphate 6X** – for enhancing the healing process of chronic inflammations of the mucous membranes – 2 tablets at night. (*Dissolve tablets in the mouth*).

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## WELL STEELED...

In the current situation we must realise the importance of a balanced mineral metabolism. With this '**Well-Steeted-Combination-Treatment**' you and your patients are optimally prepared. The combination consists of the Schüssler-Salts

- **No. 3 Ferrum phosphate 12X** – The Salt for the **Immune System**
- **No. 8 Sodium chloride 6X** – The Salt for the **Fluid Balance**
- **No. 10 Sodium sulphate 6X** – The Salt for **Excretion**
- **No. 21 Zinc chloride 6X** – The Salt for **Activation**

### Recommended Administration during the day (tablets to be dissolved in the mouth separately):

- No. 3 Ferrum phosphate 12X – 6 tablets  
Occurrence in the body: In all iron-utilising cells, intestine, liver, bone marrow, red blood cells
- No. 8 Sodium chloride 6X – 6 tablets  
Occurrence in the body: Mucous membranes, cartilage, synovia
- No. 10 Sodium sulphate 6X – 6 tablets  
Occurrence in the body: Blood serum, liver, gall bladder

### Additional advice:

- No. 21 Zinc chloride 6X – 3 tablets

*The Institute of Biochemic Medicine (Asia Pacific)*

## VALUABLE INFORMATION FOR OUR AUSTRALIAN READERS

During these very challenging times, not only do we have to ensure our health and safety but follow simple and strict rules and guidelines to handle the ever-developing situation on hand. Here is a fantastic and informative website, provided by the Federal Government which is **constantly updated**:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

## WAY TO GOOD HEALTH

Bi-monthly Magazine for Biochemic Therapy and Natural Health Care

**Annual subscription - \$45.00**



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