

# Schüssler Express

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## Soft Drinks – Sodas – The sparkling Thirst Quencher?

'Soft drinks' or 'Sodas' have no nutritional value, contain high amounts of phosphates, and tremendous amounts of white sugar and/or chemicals. They can easily deplete the body of nutrients and can cause weight gain and promote obesity. They often contain artificial flavouring, artificial colouring and artificial sweeteners, all of which are known cancer causing substances.

Among artificial sweeteners, saccharin is the greatest concern. Research studies have linked it with cancer in laboratory animals, as a cancer initiator and promoter. Another sweetener aspartame is widely used in soft drinks. Research studies found it caused brain tumours in laboratory studies.

Moreover, these drinks are typically acidic, and when packaged in aluminium cans, can leach quite high amounts of aluminium.

Aluminium has been connected with a weakened gastrointestinal tract. And in Alzheimer's disease, there are increased aluminium levels in the brain tissue.

The high acid content increases the acid in blood, affecting pH and as a result metabolism utilises circulating calcium to neutralise the issue, thus reducing the amount of calcium for deposition into bones. The long-term result is osteoporosis and associated diseases. But at the same time the now neutralised acid crystals, if not excreted from the body by the Urinary tract system – which requires consumption of fluids (other than soft drinks), minute as they are (molecular in size) start the process of arthritis, by collecting in the joints, which later in life become swollen and painful. There is a biochemic

treatment for this condition. Cease consuming soft drinks and administer No. 9 Sodium phosphate 6X-two tablets before meals and No. 11 Silica 12X – two tablets after meals. This treatment may well have to be used for many months, but success will be achieved. Sodium phosphate assists in the maintenance of the acid-base balance, and in conjunction the breakdown and elimination of the acid crystals that have been the cause of the issue. Needless to say we must consider an adequate fluid consumption – preferably water – to assist in the elimination of the waste that the two minerals are achieving.

*The Institute of Biochemic Medicine  
(Asia Pacific)*

### Chew your Food – A Way to Good Health

Taking the time to chew your food properly is really good for you, according to research. Chewing longer boosts the oral immune system and assists in the prevention of illness.

Immune cells known as 'Th17' are triggered by chewing, protecting against bacterial and fungal infections commonly found in the oral cavity, on the tongue and teeth for example. While it has long been known that nutrients from food support the immune system these recent findings may well lead to new treatments for illnesses, including diabetes, arthritis and heart disease.

Researchers said they were surprised to find that the very action of eating itself is so important.

*Institute of Biochemic Medicine – UK Branch*

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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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## Gentle Specialists for a radiantly beautiful Winter Skin

Cold outside and dry air indoors, due to heating – in winter our skin requires an extra portion of care in order to remain beautiful, smooth and healthy. Dry winter skin is all but pretty; it is itchy and taut, reddened and chapped – and at times more than just a cosmetic problem. Because, when our skin dries out it is unable to fulfil its natural barrier function to full capacity.

Apart from intensive skin care Schüssler-Salts are able to support dry skin. The homoeopathically prepared mineral salts, developed by Dr med W. H. Schüssler more than 135 years ago, form the basis of his alternative healing method, based on the knowledge that our health is inseparably intertwined with a balanced mineral salt provision.

### Schüssler yourself beautiful....

The most important Schüssler-Salt for dry skin is the No. 1 Calcium fluoride 12X – protection and firmness, and is of central significance for the elasticity of our skin. In winter our skin has to increase the elasticity performance in order to adjust to the permanently changing, sometimes extreme temperatures. Here it is sensible to combine the use of both tablets and creams: The subtle processing of the tablets ensures a rapid absorption via the buccal mucosa and sublingual tissue. The cream acts directly on the spot. For a widespread application the lotions are better suited.

### The Clinical Science of Biochemic Therapy

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### “Schüssler-Treatment’ for beautiful skin

- ✓ No. 1 Calcium fluoride 12X - Elasticity
- ✓ No. 4 Potassium chloride 6X - collagenous structures
- ✓ No. 8 Sodium chloride 6X - fluid balance
- ✓ No. 9 Sodium phosphate 6X - Acid protective cloak

**Administration:** Suck 3 – 6 tablets of each mineral during the course of the day. In addition apply the No. 1 Calcium fluoride cream or lotion once a day.

**Duration:** The treatment should be followed for at least 4 weeks.

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### Vitamin D

#### Free Range Eggs are better for you

Researchers have discovered that the yolk from free range hens (allowed to wander outdoors) contain up to 30% more Vitamin D than those from birds kept in sheds or cages.

Scientists from the UK found that: barn eggs typically have 1.7 micrograms of Vitamin D – Free range eggs 2.0 mcg

The Journal for Food Chemistry said, ‘the Vitamin D nutrition of birds is similar to that of humans... synthesised by ultraviolet radiation from sunlight or consumed in their diet – free range birds have more opportunity to be exposed o sunlight’.

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