

Schüssler Express

#41



Wrong diagnose....

Nearly 50% of Thyroid cancer cases are wrongly diagnosed

A HUGE proportion of thyroid cancer cases, diagnosed in 'rich' countries are wrong; with new technologies to blame, the UN cancer research agency has claimed.

Hundreds of thousands of cases diagnosed in recent decades were, instead, anomalies in thyroid glands that were very unlikely to cause any symptoms of death. From 2003 until 2007 research estimates that around 50 per cent of cases in women in Scotland and England were over-diagnosed.

The jump in thyroid cancer cases coincided with the arrival of ultrasound as a diagnostic tool and increased further as more advanced MRI and CAT scans were introduced.

Thyroid cancer, which strikes women far more than men, attacks the gland in the neck that produces hormones regulating how the body uses energy. Patients undergo partial or total removal of the gland, and then require hormone treatment for the rest of their life.

Research from the international Agency for Research on Cancer and the Aviano National Cancer Institute studied 12 countries, estimating over-diagnosis was worst in the US and South Korea affecting 80-90 per cent of cases in women.

Under- or overactive Thyroid glands have always been treated with the use of Calcium Fluoride and Magnesium Phosphate with great success – however it is important to ensure that there is NO cancer present before treating. No. 1 Calcium fluoride 12X and No. 7 Magnesium phosphate 6X in the following doses has been found to be most effective:

- No. 1 Calcium fluoride – 2 tablets before meals
- No. 7 Magnesium phosphate – 2 tablets after meals
- At night 5 tablets of No. 7 Magnesium phosphate together with 2 tablets of No. 2 Calcium phosphate

*The Alliance for Biochemic Medicine
(Dr W.H. Schüssler)*

Immune-Structure

A balanced mineral metabolism is important for a strong immune system. The combination of the tissue salts #3, 8, 10 and 21 supports the oxygen transport in the body, the mucous membranes, the expulsion of fluids and metabolic products and the immune system.

Administration

- **No. 3 Ferrum phosphate 12X** – 2 tablets three times a day
- **No. 8 Sodium chloride 6X** – 2 tablets three times a day
- **No. 10 Sodium sulphate 6X** – 2 tablets three times a day
- **No. 21 Zincum chloratum 6X** – 1 tablet three times a day

Tablets should be administered separately and must be allowed to dissolve in the mouth.

Treatment plan should be followed for 4-6 weeks.

The Institute of Biochemic Medicine (Asia Pacific)

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Gluten-Free Diet

...can be bad for you

Evidence is emerging that TRENDY gluten-free diets may be bad for your health. Harvard Medical School experts found:

Those who avoid gluten typically eat fewer whole grains, increasing their risk of heart disease. Unless they have **Coeliac disease**, a digestive condition responsible for a gluten intolerance, people should be advised not to follow gluten-free diets!

The popularity of the diet has been encouraged by celebrities such as Victoria Beckham and Gwyneth Paltrow, for example.

A report by consumer analysts Mintel in 2015 estimated the UK market for gluten-free food was worth around £210 million.

The Harvard study, published in the British Medical Journal in April of this year, tracked more than 110,000 people for 26 years, and concluded:

"The avoidance of gluten may result in reduced consumption of beneficial whole grains, which may affect cardiovascular risk"

Star Fruit Nutrition Facts

The star fruit is a decent source of several nutrients, especially fibre and vitamin C. A medium sized (91 g) star fruit contains:

- **Fibre:** 3 g
- **Protein:** 1 g
- **Vitamin C:** 52% of the RDI
- **Vitamin B5:** 4% of the RDI
- **Folate:** 3% of the RDI
- **Copper:** 6% of the RDI
- **Magnesium:** 2% of the RDI

This may not seem like much, but keep in mind that this serving only has 28 calories and 6 g of carbohydrates.

Bottom line: Star fruit is low in calories, but rich in fibre and vitamin C.

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Tissue Salts for Animals

Finally, by popular demand, three very successful 1-Day-Workshops were held in different locations in the eastern states of Australia on behalf of The Institute of Biochemic Medicine (Asia Pacific) in March of this year.

Firstly, during a general introduction to Tissue Salts according to Dr Schüssler, participants learned

- The benefits of using Tissue Salts for animals
- Causes of mineral deficiencies in animals
- Signs and symptoms of Deficiencies
- Dosage and administration of Tissue Salts
- How to provide better health and vitality to animals

This session was then followed by hands on demonstrations of assessing dogs, horses and other animals.

Enthusiastic participants reported of an excellent, extremely interesting workshop, packed with loads of information, presented by a highly experienced and dedicated presenter.

We like to say thank you to the hosts and coordinators who were so kind in organising and providing the venues.

A big thank you also goes to the presenter Sue Bradtke, who dedicated her time in travelling from Western Australia to make it happen, for a professional and inspiring presentation.

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