

Schüssler Express

#45



SCHÜSSLER-SALTS FOR THE HOLIDAYS

Current Tips for Health and Fitness



With the holiday season fast approaching in Australia many people will venture to different holiday destinations, within the country, overseas or the ocean. No matter where or how you travel a well-equipped first-aid kit is a must – and natural remedies such as Schüssler-Salts should not be missed.

The following overview shows their possible application:

#2 Refuel new Vitality

Those who are frequently sick can help recovery along with the No. 2 Calcium phosphate. The 'Power Remedy' assists exhaustion and provides new strength.

#3 Avoid Infection

The most common illness during holidays is the cold. No. 3 Ferrum phosphate 12X is the 'acute' or 'first-aid' remedy among the Schüssler-Salts and eases symptoms. This mineral also assists when stomach and intestine rebel after spoiled food.

#4 + #8 Tolerate unaccustomed Cuisines

Exotic food on holiday harbours danger. No. 4 Potassium chloride 6X assists the affected gastrointestinal mucous membranes; the No. 8 Sodium chloride 6X soothes diarrhoea.

#5 Get into the Rhythm fast

No. 5 Potassium phosphate 6X supports the 'inner rhythm' and assists jet-lag and exhaustion after travelling. Best start taking it a week before the flight and two days afterwards.

#7 Finally forget the Stress

Noisy hotels disturb relaxation. No. 7 Magnesium phosphate 6X helps to relax and benefits sleep. Popular administration is the 'Hot Seven' – 10 tablets dissolved in hot water and sipped slowly.

#8 Keep a resilient Circulation

Heat severely affects people with an unstable circulation. Hence drink sufficient and do not stay in the blazing sun. Additionally take the No. 8 Sodium chloride 6X. This mineral controls the fluid balance in the body.

#9 No Travel Sickness

Lots of people suffer from travel sickness. Start taking No. 9 Sodium phosphate 6X three days prior to the commencement of your holidays. This mineral has a soothing effect on the metabolism.

#10 'Airy' Legs

Those who are prone to swollen legs have to be especially careful in summer. No. 10 Sodium sulphate 6X assists in discharging excess fluids and can also be used precautionary.

Dosage

The general dosage is 1 to 2 tablets 3 times daily – allow tablets to dissolve in the mouth. Schüssler-Salts are a simple and easy to use form of therapy.

Günther H. Heepen
German Association of Biochemistry

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Herbal Health: NETTLES

The oil of this common weed has been found to help hay fever sufferers by reducing the amount of histamine the body produces in response to an allergen. It may also help men with enlarged prostates – a common problem with ageing. Iranian research published in 2013 found that the herb, taken in capsule form (as two 300mg capsules twice a day) for eight weeks was better than a placebo at relieving symptoms, including increased trips to the bathroom, because it reduces levels of dihydrotestosterone, a form of testosterone linked to prostate enlargement. Previous studies have also reported that nettle extract could cut the amount of anti-inflammatories (such as Ibuprofen) people need to relieve pain. Pick young nettles (wear gloves) from non-polluted areas and cook as a veg or make into a soup. Or you can buy nettle tea or capsules at the chemist or in health food shops.



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Merry Christmas & Happy New Year

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