

Schüssler Express

#49



Further Schüssler-Salts that assist in Getting- and Keeping Fit

Benefits of the Minerals #1, 2, 9 and 10 for sportingly active People

No. 1 CALCIUM FLUORIDE 12X regulates the stress ratio of tissues and cares for firmness and elasticity. This mineral particularly strengthens bones, tendons and ligaments. It enhances the stability and elasticity of the skin and vessels and ensures that slackened tissues become firm and elastic, respectively hardened tissues smooth and elastic. Thus, in Schüssler therapy it is referred to hardener and softener.

No. 2 CALCIUM PHOSPHATE 6X as the most important bone mineral and constitutional remedy it is required for the mineralisation of bones and teeth and has a constructing and regenerating effect on both physical and psychology levels. This mineral nurtures muscle function, influence energy transmission and has an anticonvulsive, relaxing and calming effect on muscles and nerves. Calcium phosphate is the most essential more for invigoration and especially recommended before and after heavy stresses.

No. 9 SODIUM PHOSPHATE 6X plays an important part in a multitude of metabolic processes and is regarded as the neutralisation remedy for excess of acid of all kind. It controls the acid alkaline balance and counteracts overacidification – a frequent problem experienced by hobby- and competitive sports persons. A raised uric acid level as well as acid-related deposits are prevented with the use of Sodium phosphate. Sodium phosphate has a regulating effect on the digestion, the fat- and protein metabolism, facilitates the breakdown of fatty acids and affects the lactic acid metabolism.

No. 10 SODIUM SULPHATE 6X benefits the metabolism, stimulates the excretory processes and helps to exude stored fluids and harmful substances. Thus it also has a detoxifying function – an valuable aspect for people who wish to remain fit all round. Sodium sulphate strengthens the function of bowel, liver, kidney and pancreas, and is often used in combination with No. 9 Sodium phosphate.

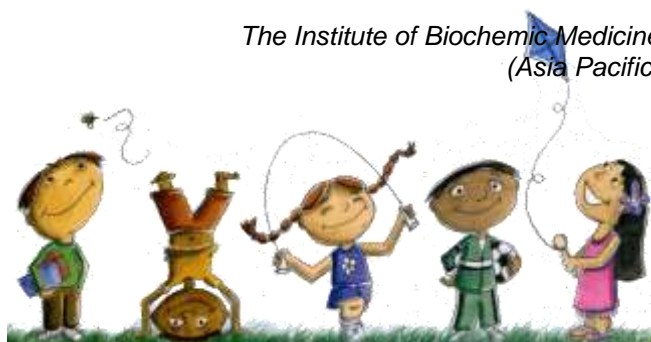
AUTHOR'S ADVICE

Those who are sportingly active in order to lose weight or keep their ideal weight will find reliable allies in Schüssler-Salts. A course of treatment with the minerals

- ❖ **No. 10 Sodium sulphate 6X** – 2 tablets in the morning,
- ❖ **No. 5 Potassium phosphate 6X** – 2 tablets at noon
- ❖ **No. 9 Sodium phosphate 6X** – 2 tablets at night

boosts the metabolism, supports detoxification as well as excretion and fosters endurance.

*The Institute of Biochemic Medicine
(Asia Pacific)*



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Phytotherapy - Nature's Pharmacy

Phytotherapy or herbal medicine is one of the oldest medical therapies. For millennia all cultures have been using it in the treatment of diseases, for healing and the preservation of good health. (Germany) Nowadays more than 70 per cent of people take medications with plant compounds, in particular for disorders and minor/lighter illnesses. Even 80 per cent of medical practitioners prescribe, according to a survey conducted by the committee of natural medicine research, phyto-pharmaceuticals, therefore drugs with plant agents.

Prior to the development of chemical agents of drugs in the laboratories of the pharma industry approximately 80 percent of all substances contained in pharmaceuticals were of plant-based nature. Also many of the chemical-synthetic active ingredients utilised today originate from plant compounds. Through isolation and progression of the natural active ingredients diverse drugs have originated. One example is the acetylsalicylic acid which has been developed from the Salicin in willow bark and is used for pain and also in the prevention of heart attack, respectively recurring attacks.

The use of pharmaceutically obtained, standardised plant extracts has a number of advantages compared to the application of herbal ones (e.g. in herbal teas). When using non-standardised plant extracts an exact dosage of ingredients is impossible. The selection of different plant parts in the process of extracting the active agents can also influence the efficacy as well as the nature of the utilised solvent for extraction (e.g. water, ethanol, and methanol).

In addition, apart from the desired main active agent the plant can also contain a large number of other health burdening substances. However some supporters of traditional herbal medicine see a therapeutic advantage especially in the complexity and diversity of active agents.

Fact is, till this day medical phytotherapy still remains an uncharted area in large parts. Botanists estimate that less than 5 per cent of at least 250,000 different plant species have been examined on their medical potential. The largest resource for the discovery of new, further medicinal plant compounds are in the rainforests around the equator.

Today, the most common fields of application for phytotherapy are illnesses of the nervous system and the psyche (e.g. St. John's wort preparations) as well as cardiovascular diseases (e.g. hawthorn), respiratory diseases (e.g. marsh mallow), gastrointestinal problems (e.g. wormwood), mental aberrations during menopause (e.g. rattle root), urological problems as well as a number of skin diseases (e.g. evening primrose).

WzG NOV/DEC 2015

The Clinical Science of Biochemic Therapy (Dr W.H. Schüssler) (Incorporating Facial Diagnostics) -Diploma-Course-

4-Day Fulltime Seminars 2018

When:	18th – 21st May 2018	Where:	Chewton VIC
	25th – 28th May 2018		Trafalgar VIC
	8th – 11th June 2018		Brisbane QLD
	27th – 30th July 2018		Goodwood SA
	26th – 29th October 2018		Perth WA

The Institute of Biochemic Medicine (Asia Pacific)
admin@biochemic-remedies.com.au
www.biochemic-remedies.com.au

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