

Schüssler Express

#51



AEROBIC EXERCISE, OR “CARDIO”, MIGHT BE THE CLOSEST THING TO A MIRACLE DRUG

A growing body of research suggests that when we commit to regular workouts that raise our heart rate and get us moving and sweating for a sustained period of time, magical things happen to our body and brain.

We think more clearly, feel better overall, and protect ourselves against some of the cognitive decline that occurs with age, studies suggest.

‘Aerobic exercise has a unique capacity to exhilarate and relax, to provide stimulation and calm, to counter depression and dissipate stress’, authors of an article in the Harvard Medical School blog “Mind and mood” wrote.

But how long should you be cycling, swimming, walking, or running to reap these benefits? Overall, research suggests that the magic happens somewhere between 30 – 45 minutes at minimum.

A recent paper looked at the exercise habits of hundreds of breast cancer survivors who were experiencing symptoms like ‘chemo brain’, which involves memory loss and trouble focusing. The researchers found that as little as 30 minutes of an aerobic exercise like walking was linked with significantly better performance on cognitive quizzes.

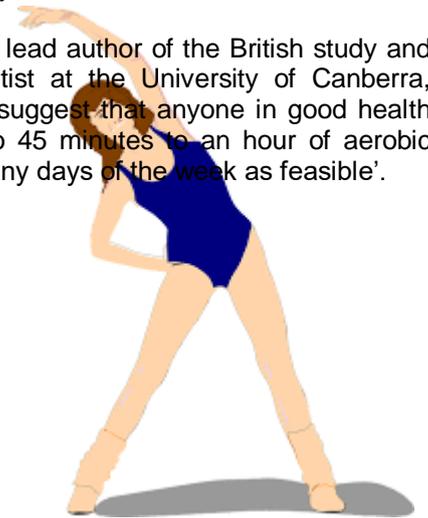
Another study published in May provided some additional support for that research – it found that in adults aged 60-88, walking for 30 minutes four days a week for 12 weeks appeared to strengthen connectivity in a region of the brain where weakened connections have been linked to memory loss.

Similarly, a pilot study in people with severe depression found that just 30 minutes of treadmill walking for 10 consecutive days appeared to be ‘sufficient to produce a clinically relevant and statistically significant reduction in depression’.

Other research suggests it might be better to do cardio for longer. A study in the British Medical Journal found that in adults of 50, the best results for the brain appeared to come from a routine that combined aerobic exercises with resistance training (i.e. muscle-building exercises like planks and push-ups) and lasted at least 45 minutes.

Researches still aren’t sure why this type of exercise appears to provide a boost to the brain, but some studies suggest it has to do with increased blood flow, which provides our minds with fresh energy and oxygen. One recent study in older women who displayed potential symptoms of dementia also found that aerobic exercise was linked with an increase in the size of the hippocampus, a brain area involved in learning and memory. Another reason might have to do with cardio’s ability to help reduce levels of the body’s natural stress hormones, such as adrenaline and cortisol, according to a recent study in the Journal of Physical Therapy Science.

Joe Northey, the lead author of the British study and an exercise scientist at the University of Canberra, said his research suggest that anyone in good health over 50 should do 45 minutes to an hour of aerobic exercise ‘on as many days of the week as feasible’.



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THE ENERGY-PLUS-CURE

During sport we put demands on our body in a specific manner. This can result in an imbalanced mineral metabolism causing exhaustion, debilitation, and drop in performance. Schüssler-Salts are ideally suited to provide the organism with the necessary fuel. They assist in remaining agile, and support absorption and utilisation of minerals from foods. They allow dysfunctional cells to work again at their optimum and maximum capacity.

RELAXED THROUGH EVERYDAY LIFE

To manage all challenges at work, in the family or in sport needs energy. For a relaxed approach to everyday stresses lots of people seek a natural and well-tolerated support.

To feel on top of the world, the **ENERGY-PLUS-COMBINATION** helps to feel vital and efficient. The minerals No. 2, 5 and 7 support bones, muscles, brain power, regeneration and the strength of nerves.

Simply administer the Tissue Salts:

- ❖ **Morning:** No. 2 Calcium phosphate 6X – 6 tablets – dissolve in the mouth
- ❖ **Lunch:** No. 5 Potassium phosphate 6X – 6 tablets – dissolve in the mouth
- ❖ **Night:** No. 7 Magnesium phosphate 6X – 6 tablets as 'Hot 7' (dissolve in hot water and sip)

Additionally, **No. 7 Magnesium phosphate** as **Lotion** used externally, promotes the well-being; easily absorbed.

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HOMEMADE FOOT SCRUB

How blissful and relaxing... to achieve baby-soft skin on your feet a footbath with a foot scrub is ideal. Why not simply try this homemade foot scrub for rough, cracked skin.

Ingredients:

- 50 g fine sea salt
- 1 tbsp coarse sea salt
- 1 tbsp sodium bicarbonate
- 2 tbsp coconut oil

Essential oils:

- 15 drops lime
- 10 drops peppermint
- 5 drops sage

Optional: ½ tsp dried herbs



Preparation:

In a bowl mix together fine and coarse sea salt, sodium bicarbonate and oil. Crush the dried herbs in a mortar and add to the salt-oil-mixture. Stir well. Finally, mix in essential oils and pour the peeling into a well shutting tin or jar; so it will keep for 6 months.

Application:

For a prepared footbath dissolve 15-20 tablets of No. 9 Sodium phosphate 6X in 5 litres of warm water and bathe the feet for 20 minutes. Then rub in the peeling, while especially treating the rough areas. After washing off with warm water apply cream (e.g. Schüssler-Salt-Cream No. 1 Calcium fluoride). Put on socks and leave overnight.

The next morning the feet are soft as a baby's skin.

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