

# Schüssler Express

#54



## HAY FEVER

Springtime, warmer temperatures and the awakening of nature brings lots of people outdoors. However, hay fever sufferers are restricted in the joy of nature. Itchy, watery eyes, a runny nose are frequent symptoms of an allergic reaction. In Schüssler biochemistry they are classified as metabolic disorders and signs of individual biochemic remedies. The use of Schüssler-Salts for allergic reactions can strengthen the physique and decisively alleviate the symptoms (also alongside other therapies).

### IMPORTANT SCHÜSSLER-SALTS FOR HAY FEVER

**No. 2 Calcium phosphate 6X** – Often an allergy is the result of an overreaction against albuminous substances (e.g. pollen, animal hair, foodstuffs, especially milk, insect bites). No. 2 Calcium phosphate strengthens the physical substance and supports a healthy protein metabolism.

**No. 8 Sodium chloride 6X** – Typical hay fever symptoms are watery eyes and a watery discharge from the nose. No. 8 Sodium chloride is the functional remedy for the mucous membranes and fluid balance

**No. 24 Arsenum jodatum 6X** (supplementary remedy) – In acute situations the additional administration of No. 24 Arsenum jodatum has proven successful. It is the remedy of 'equilibrium' and curbs overshooting reactions.

#### Suggestion for Dosage:

Take 7-10 tablets of No. 2 and No. 8, and 5 tablets of No. 24 daily a day. Should there still be discomfort the administration is repeated, or, depending on the symptom, one tablet of the respective remedy is taken every 5 to 15 minutes.

#### Suggestion for Intake:

The minerals should be taken during the day. Tablets are either sucked or dissolved in water – each sip should be kept in the mouth for a few moments to allow the molecules being absorbed. The mucous membrane should be clear; thus, administration is recommended between meals.

In some cases, the use of Schüssler-Salts No. 2, 8 and No. 24 is not enough for hay fever. To alleviate afflictions the acute remedy No. 13 Potassium arsenicosum 6X can be administered. Three tablets are sucked in short intervals. Tip: Consult a qualified practitioner for optimal administration.

In addition, Schüssler-Salts No. 7 Magnesium phosphate 6X, No. 3 Ferrum phosphate 12X and No. 4 Potassium chloride 6X are especially recommended.

#### **No. 7 Magnesium phosphate 6X – Energy**

To stabilise the nervous system No. 7 is applied. Stress, scientifically attested, increases the readiness for allergies. The use of Magnesium phosphate is also recommended for constitutional strengthening, as for relief of pruritus. The biochemic cream or lotion No. 7 is recommended for external application.

#### **No. 3 Ferrum phosphate 12X – Resistance**

The biochemic remedy No. 3 has been tried and tested for all inflammatory processes. In acute circumstances take one tablet every 15 minutes. Schüssler-Salts can also be used externally in form of a compress. Here the tablets are dissolved in a little water, soak a cloth and apply to the affected area.

#### **No. 4 Potassium chloride 6X – Strong Glands and Mucous Membranes**

Soft swellings are an indication for No. 4 Potassium chloride 6X. Because of the inflammatory processes

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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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the mucous membrane swells up, and its cells generate a tough mucus which can also pool in the bronchi. Tough phlegm is also a definite sign for the need a Potassium chloride. It is also regarded as the biochemic remedy of glands and regulates their secretion. Early administration of No. 8 Sodium chloride 6X and No. 4 Potassium chloride 6X assists the stabilisation of mucous membranes and their secretions.

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## THE ONION

### ONE OF THE OLDEST HEALTH REMEDIES KNOWN TO MAN

Unfortunately, today the onion has been almost forgotten as a health remedy. It is used in salads, as a decoration or to flavour stews and other meals; but as medicine? Few know that the onion is a **Natural Antibiotic**, can kill bacteria, and, that it contains a hormone similar to insulin. Medicine relied on the onion for millennia.

More than 5,000 years ago a doctor carved the following statement onto a stone pillar in Rome

*“Those who eat Onions don't suffer Belly ache”*

### STRIKES IN EGYPT OVER LACK OF ONION

During the time the Pyramids of Cheops were built, the labourers went on strike when they dint receive their daily ration of onions because *‘those who have to work physically hard need raw onions in the morning’*. It is of course worthwhile to reintroduce this good, old natural remedy into the home, not only as a means of nourishment but as a most useful implement in the home medicine cupboard.

The onion stimulates the circulation of the mucous membranes therefore, is good for stomach and bowel – in general, all processes of putrefaction and fermentation are quickly put to an end. The effects are extremely intense when taken as juice, as it promotes urination, strengthens the nervous system and purifies the blood. The juice also helps with oedema in legs and feet. If the juice is mixed with honey it acts as a medication for throat infections. Excellent results have also been achieved for hoarseness and bronchitis. In case of small cuts and abrasions, gently rub freshly cut onion over the surface; not only does this act as an antibiotic but also assists in the processes of healing. Mosquito- or sand fly bites, how annoying is the itch – once again gently rub freshly cut onion over the site, and the itching will be relieved as the natural antibiotic takes effect.

Grandma's cold cure was to cut up an onion into small pieces, place them into a saucepan of perhaps 500 ml of water, and bring to the boil. Allow to simmer for a further half an hour. The onion pieces were removed, and the liquid poured into a cup; a spoonful of honey was added, stirred well and, whilst still somewhat warm, sipped slowly.

An onion contains the following minerals, hence the reason for its success as an antibiotic:

- Sodium 10 mg (low indeed)
- Potassium 170 mg
- Calcium 31 mg
- Magnesium 10 mg
- Phosphor 40 mg
- Chloride 30 mg
- Iron 500 mg
- Fluoride 41 mg
- Trace element Iodine 2 mg



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