

Schüssler Express

#59



OPTIMUM EFFECT: THE CREAM-COMBINATION

SCHÜSSLER-CREAMS No. 1 - 12

Sometimes several creams assist in the treatment of afflictions. In order to optimise effectiveness, creams may be mixed together, instead of an alternating application – mix several strands of different creams in the palm of the hand, then apply this mixture to the affected area (external use only). In acute cases apply

frequently, for chronic afflictions it is recommended to apply a 'cream-poultice' or 'cream-patch' – spread the cream/s on a band-aid or aseptic gauze and fix to the diseased area and keep for several hours. Here are tried and tested cream-combinations for selected illnesses from A-Z.

Arthritis	Cream No.3 and 4	Lips, dry and inflamed	Cream No. 3 and No. 8
Arthrosis	Cream No. 11 and No. 8	Lumbago	Cream No. 3 and No. 9
Back pain	Cream No. 2 and No. 3	Muscle tension, -hardening	Cream No. 1 and No. 7
Bowel complaints	Cream No. 3 and No. 4	Skin, chapped	Cream No. 3, No. 8 and No. 1
Bruises	Cream No. 3 and No. 2	Skin, dry and sensitive	Cream No. 8 and No. 11
Callous	Cream No. 1 and No. 11	Skin folds	Cream No. 1 and No. 11
Cough, bronchitis	Cream No. 3 and No. 4, additionally a few drops of tea tree oil	Skin rashes, acute	Cream No. 3 and No. 4
Ear ache (apply cream to the auricle)	Cream No. 2, and No. 4, alternatively No. 11	Skin rashes, chronic	Cream No. 6 and No. 11
Flail joints	Cream No. 1 and No. 11	Spider veins	Cream No. 1 and No. 11
Haematoma	Cream No. 3 and No. 11	Spinal problems	Cream No. 1, No. 2 and No. 7
Haemorrhoids	Cream No. 1 and No. 11	Stomach problems	Cream No. 4 and No. 3
Heartburn	Cream No. 3 and No. 9	Tendinitis	Cream No. 4, No. 3 and No. 11
Heart problems, nervous	Cream No. 5 and No. 7	Tonsillitis	Cream No. 3 and No. 9
Herpes on the lip	Cream No. 3 and No. 8	Toothache	Cream No. 3 and No. 7
Injuries, not bleeding	Cream No. 3 and No. 11	Warts	Cream No. 1 and No. 10

Disclaimer – Every effort has been taken to ensure that the information provided complies with current Institute practices and knowledge at the time of going to press but should not be considered as a replacement for competent medical advice. The reader retains responsibility for whatever actions they may or may not take. The author and publisher do not assume liability for possible damage or injury resulting from the practical advice offered in the publication.

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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SCHÜSSLER-CREAMS AND ESSENTIAL OILS

Schüssler-Creams administered in combination with Schüssler-Salts contribute to the healing of ailing skin, muscles or joints. As long as the organism is able to perform repair processes the chances of healing or reduction of symptoms are very good. However, if degenerating processes are already so much advanced that hardly any cartilage exists at the joints for example, Schüssler-Salts and creams will also fall short. In case of muscle- or joint problems the efficacy of Schüssler-Creams can be increased when adding a few drops of essential oils mentioned in the following.

RELAXING MASSAGE CREAM

A relaxing massage after an exhausting car journey, a hard day in the office or after sports is good and muscles and joints will be thankful. Allow your partner to massage you – best with this Schüssler-Cream-Combination: **This is how it works:** Take a tube of each cream No. 2 Calcium phosphate and No. 7 Magnesium phosphate. Both creams have a relaxing and loosening effect. Empty the tubes into a stone/earthenware jar and mix in two to three drops of each marjoram-, lavender- and lemon grass oil. The oils intensify the massage effect, stimulate relaxation and circulation and disperse a pleasant aroma.

CREAM-COMBINATION FOR RHEUMATISM

Our joints and bones naturally contain various minerals such as Silica, Calcium fluoride, Calcium sulphate and Sodium sulphate. **This is how it's done:** Mix the creams No. 1, No. 10, No. 11 and No. 12 together in a stone jar. This mixture makes

an effective joint- and bone cream. Then thoroughly mix one to two drops of pine- and rosemary oil to the ready cream mixture. Apply twice a day to the painful joints and bones. This is so good, fosters the abatement of the discomforts, arrests the pain and stimulates circulation.

THERAPEUTIC HEART-CREAM WITH SCHÜSSLER-CREAMS

Angina pectoris should be taken seriously and belongs in professional hands. If the angina is categorised as harmless and nerve related this cream will do you good: Take a tube of each of No. 5 Potassium phosphate and No. 7 Magnesium phosphate. Thoroughly mix the content of both tubes in a clean jar. Get 10 ml of essential rosemary oil and 10 ml of camphor original mother tincture (homoeopathy) and add five to ten drops of each. Mix well but be careful that the cream mixture does not get too runny.

Use the heart-cream once or twice a day by applying to the heart region or when experiencing problems.

Günther H. Heepen
German Association of Biochemistry

SEMINAR SCHEDULE 2019

5 th – 8 th April 2019	Perth / WA
3 rd – 6 th May 2019	Chewton / VIC
10 th – 13 th May 2019	Trafalgar / VIC
24 th – 27 th May 2019	Blue Mountains / NSW
7 th – 10 th June 2019	Ashgrove / QLD
21 st – 24 th June 2019	Canberra / ACT

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