

Schüssler Express

#62



EQUILIBRIUM OF THE ACID-BASE-BALANCE

THE ALKALINE-CURE

GOAL: ACID REDUCTION, DETOXIFICATION, IMPROVED METABOLISM

THE ACID-BASE BALANCE

A balanced "acid-base-balance" plays an essential role in our health and body weight. An excess of acids for example restricts fat metabolism and fat burning. When dieting, during the breakdown of fat stores, metabolites develop which are called keto acids. An excess of those acids results in a reduced release of fatty acids by the adipocytes. Fat reduction slows down due to the invasion of keto acids. Thus, a rapid fat reduction is prevented during times of starvation.

The simplest and best options to overcome those natural blockages is the indulgence of alkaline foods (especially vegetable), alkaline baths and the accomplishment of this Schüssler-Salt-Cure for the stabilisation of the acid-base-balance.

Unfortunately, diets of people in the industrial nations consist of more than 25% acid forming foods (meat, fish, cheese, sausage products, etc.). This accelerates an acid burden as well as a mineral deficiency. Meat consumption is too high; in other words, fruit- and vegetable intake is too small in comparison. A vicious circle starts: Accumulating acids would need to be neutralised by alkaline minerals, however minerals lacking in the diet, the organism acidifies.

Acidosis

Acidosis develops when the organism is no longer able to breakdown or excrete the, in the metabolism accumulating acids. This can be an essential cause for a metabolic blockage. Non-excreted acids are sequestered in the organism, for example in the connective tissue. Initially the body's buffer capacities

are restricted, which usually goes unnoticed by the person affected. Over time dysfunctions occur, e.g. skin problems or cellulite. Persistent acidosis can favour or even cause chronic diseases such as rheumatism. In the long-term it is therefore necessary for our health to ensure an equilibrium of the acid-base balance.

Selection of Alkaline Suppliers

Fruit: Pineapple, apple, apricot, avocado, banana, pear, blue berry, bramble, dates, strawberry, fig, grapefruit, raspberry, melon, red and black currants, cherry, kiwi, lime, mandarin, mango, orange, papaya, peach, plum, quince, grapes, lemon

Vegetables and salads: Aubergine, Batavia salad, cauliflower, beans (green), broccoli, chicory, Chinese cabbage, curled lettuce, iceberg lettuce, peas, lamb's lettuce, fennel, spring onions, kale, cucumber, potato, kohlrabi, lettuce, pumpkin, silverbeet, sweet chestnuts, carrots, capsicum, parsnip, parsley root, mushrooms, leeks, radish, red cabbage, celery, asparagus, spinach, sweet potato, tomato, cabbage, savoy cabbage, zucchini, onions

Herbs: Basil, savoy, borage, watercress, dill, chervil, coriander, marjoram, lemon balm, parsley, mint, rosemary, sage, chives, thyme

Spices: cayenne, chilli, curry, ginger, cardamom, coriander, cumin, caraway, curcuma, nutmeg, pepper, saffron, cinnamon

Nuts, Seeds and Dried Fruit: Cashews, dates, figs, hazelnuts, coconuts, pumpkin seeds, almonds,

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poppseed, pistachios, raisins, sesame, sunflower seeds

Drinks: Apple juice (unsweetened), grapefruit juice (unsweetened), water, whey, carrot juice, orange juice, tomato juice

Selection of Acid Suppliers

Milk and Dairy Products: Buttermilk, camembert, fruit yoghurt, gouda, cottage cheese, milk, parmesan, curd, cream, sour cream, soft cheese

Grain and Grain Products: Bread, buckwheat, cornflakes, couscous, spelt, barley, semolina, oat, oat flakes, millet, crispbread, pasta, pizza, polenta, quinoa, rice, rye flour, wheat flour, rusk

Drinks: Alcohol, cola, iced tea, fruit tea, coffee, cocoa, lemonade, black tea

Miscellaneous: Chips, eggs, ice-cream, vinegar, meat, pastries, legumes, cake, refined fats and oils, chocolate, mustard, sausage

Selection of Foods that should be combined with Alkaline contributors

Meat, broth, sausage, eggs, fish and seafood, milk and dairy products, cheese, mustard, vinegar, ketchup, legumes, brussels sprouts, artichokes, grain and grain products, sugar, sweets, ice-cream, refined fats and oils, fizzy drinks, coffee, tea, alcohol, tofu

Neutral Foods

Olive oil, sunflower oil, kefir, butter



ALKALINE-CURE

No. 7 Magnesium phosphate 6X

- Relaxes the nervous system, stimulates the gastric musculature, support glandular activity
- 7 - 10 tablets daily

No. 8 Sodium chloride 6X

- Regulates fluid balance, stabilised nerves
- 7 - 10 tablets daily

No. 9 Sodium phosphate 6X

- Breakdown of excess acids
- 7 - 10 tablets daily

No. 23 Natrium bicarbonicum 6X

- Counteracts a metabolic sluggishness as well as diabetes, gout, uric acid formation
- 5 - 7 tablets daily

Externally: Schüssler-Cream No. 7 and No. 9

Administration: Minerals should be taken during the course of the day. Tablets are either dissolved in the mouth or dissolved in water – each sip should be kept in the mouth for a few moments.

Duration of Treatment: 4 – 6 weeks

Further Schüssler-Salts that assist the breakdown of Acids

- **Increase oxygen absorption** with No. 3 Ferrum phosphate 12X
- **Relieve intestine** with No. 10 Sodium sulphate 6X
- **Strengthen liver** with No. 4 Potassium chloride 6X and No. 10 Sodium sulphate 6X
- **Support kidneys** with No. 8 Sodium chloride 6X
- **Benefit lymph flow** with No. 9 Sodium phosphate

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INTERESTING FACTS

Benzene in Soft Drinks (?)

Soft drinks containing ascorbic acid and sodium benzoate, a mitigate formation of benzene (a known carcinogen) in combination with ascorbic acid (Vitamin C E300) may form benzene. Heat, light, and shelf life can affect the rate at which benzene is formed.

There are claims that sodium benzoate by itself can damage and inactivate vital parts of DNA in a cell's mitochondria. "The mitochondria consume the oxygen to give you energy and if you damage it – as happens in a number of diseased states – then the cell starts to malfunction very seriously. There is now a whole array of diseases that are being tied to damage to this DNA – Parkinson's for example and quite a lot of neuro-degenerative diseases, but above all the whole process of aging.

**The Clinical Science of Biochemic Therapy
(Dr med W.H. Schüssler)
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Incorporating Facial Diagnostics**

Seminars 2020

5th – 8th June 2020 Ashgrove QLD

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As dates & locations become available, they will be advertised here and on the website.

DID YOU KNOW...

ANTACIDS and **ACID BLOCKERS** – Deplete calcium. But often people are unaware as testing is done on blood levels and only 1% of the calcium in the body is in the blood. This does not indicate a loss in bones or tissues – antacids and acid blockers contain aluminium hydroxide which prevents the absorption of calcium from the intestinal tract.

CORTISONE – Used for pain and inflammation can contribute to severe calcium loss with prolonged use. It also depletes potassium.

COFFEE – Calcium and magnesium are lost through our urine with coffee. It's a diuretic. You will be losing potassium and sodium as well. The same actually goes for caffeine generally.

ALCOHOL – Speeds up the excretion of magnesium through the kidneys. It can also deplete calcium, iron and potassium.

PRACTITIONERS

There is an ongoing "trend" for patients to declare themselves, by virtue of 'self-diagnosis', to be either lactose or gluten intolerant.

It is in the interests of all practitioners to insist on a certificate, provided either by a Medical Professional or by a Hospital diagnostics laboratory, confirming such a diagnosis before accepting information from a patient/client. Unfortunately, many cases of self-diagnosis have turned out to be a more serious condition. often exacerbated by the methods of OTC treatments adopted by the patient

Alex Sutton

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