

Schüssler Express

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SCHÜSSLER-SALTS FOR SPORTS AND FITNESS

Schüssler-Salts are not only suitable for the supportive treatment of illnesses, or a replacement of mineral deficiencies, but they are increasingly applied in the field of sports and fitness.

Thus, the essential minerals can be used for cramps and muscle tension on one hand, and on the other hand they ensure a better efficiency and faster regeneration of the body after a training session. The best remedy is No. 7 Magnesium phosphate 6X in form of the well-known **'Hot Seven'**

Those who not only want to become fitter through sports but also seek weight-loss at the same time can easily integrate Schüssler-Salts in their daily routine. Weight-loss may often stagnate, or ravenous hunger attacks are experienced because the body is deficient of essential mineral salts. Schüssler-Salts are able to boost the metabolism and provide for a higher fat burning.

As everybody carries out a different sport or has a different training goal, there are various Schüssler-Salts that support them in reaching the desired goal. Dissolved in water or unsweetened tea the mineral salts are eminently suitable as a sports drink and a healthy alternative to the commercially available drinks.

Schüssler-Salts for Sportspersons

Sportive activities utilise many mineral salts. Drinks enriched with Schüssler-Salts make sure that minerals ingested via foods are better assimilated, as well as a speedier recovery from workouts.

They also strengthen joints, ligaments and tendons and are well suited as a supportive treatment of injuries, contracted during training.

For people who want to start exercising or train only moderately the following Schüssler-Salts are suited for a basic compound drink.

- **No. 3 Ferrum phosphate 12X** – improves oxygen provision
- **No. 5 Potassium phosphate 6X** – responsible for a speedy energy supply
- **No. 7 Magnesium phosphate 6X** – important for muscle function

Dissolve 10 tablets of each mineral in one litre of hot water or tea and sip.

Best to drink some prior to the training session, then the remainder slowly during or after the work-out. Each sip should be kept in the mouth for a few moments to enable the minerals greater absorption via the Buccal mucosa and bilingual tissue.

Top athletes or people with more than 4 training sessions a week should add at least one of the following Schüssler-Salts, depending on the type of sport:

- **No. 1 Calcium fluoride 12X** – strengthening of ligaments and tendons (e.g. tennis, gymnastics, combat sport)
- **No. 2 Calcium phosphate 6X** – sports with lots of muscle building (e.g. weightlifting, strength training)

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- **No. 6 Potassium sulphate 6X** – for sports with increased need of oxygen (e.g. mountaineering, skiing)
- **No. 8 Sodium chloride 6X** – types of sport with high amount of sweating (e.g. football, basketball, etc.)

In support of the Schüssler-Salts tablets the corresponding Schüssler-Creams or -Lotions are ideal for external application after training. For example, creams/lotions No. 1 and 11 can be applied gently to strained joints or muscles. For bruises and contusions, the creams No. 3 and No. 8 are recommended.

'Hot Seven' for Sportspersons

In case of physical exertion Schüssler-Salts are well suited in supporting the regeneration process of the strained musculature, and in the reduction of possible pain.

The all-purpose remedy for all forms of pain is **No. 7 Magnesium phosphate 6X**, readily used as a 'Hot Seven'. Not only does it reduce tonicity and has a relaxing effect, but it also neutralises over-acidified muscles and assists muscle tension.

For a 'Hot Seven' dissolve 10 tablets in a cup of hot water and sip slowly – keeping each sip in the mouth for a few moments.

However, a 'Hot Seven' is not only restricted to Magnesium phosphate (No. 7). The following Schüssler-Salts are also well suited for a hot drink:

- **No. 2 Calcium phosphate 6X** – loosens tensions in the muscles, boosts circulation and assist calf cramps

- **No. 3 Ferrum phosphate 12X** – often used for strains and bruises

In addition to the mentioned problems the following **creams** should also be applied daily to the affected areas:

- **No. 7 Magnesium phosphate**
- **No. 2 Calcium phosphate**
- **No. 3 Ferrum phosphate**

Schüssler-Salts for Aching Muscles

Everyone has experienced it at least once: Muscle Ache. It often occurs after sport or due to unaccustomed movements or high stresses and strains. The pain is caused by small injuries in the muscle fibres followed by a swelling of the muscles.

Many swear by heat treatment, e.g. sauna or hot shower, for aching muscles. The following Schüssler-Salts have proven beneficial:

- **No. 3 Ferrum phosphate 12X** – provides optimal oxygen supply to the muscles
- **No. 9 Sodium phosphate 6X** – assists the breakdown of lactic acid in the muscles
- **No. 7 Magnesium phosphate 6X** ('Hot Seven') – helps pains after sport and has a relaxing effect

For acute problems adults and children over 12 years take 1 tablet each of No. 3 and 9 every 5 to 15 minutes.

For children under the age of 12 take 1 tablet every 1 to 2 hours is sufficient.

Tablets are dissolved in the mouth and taken until problems improve, at the longest half a day to a full

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day. From the second day the normal dosage should be followed.

The Schüssler-Creams No. 3 and No. 7 should be applied externally several times a day to the affected areas.

Schüssler-Salts for Fat Burning

Those who want to lose weight should do regular exercises and follow a healthy, calorie conscious diet. However, it often happens that the weight-loss success is absent or stagnates. This may be due to a lack of vital minerals in the body which restricts the metabolism, or ravenous hunger attacks.

These Schüssler-Salts have a positive effect on the fat burning and get the metabolism going:

- **No. 4 Potassium chloride 6X** – counteracts ravenousness and assist to channel toxins from the body
- **No. 9 Sodium phosphate 6X** – positive effect on the fat metabolism and stimulates fat burning. Furthermore, may improve the appearance of the skin (e.g. cellulite).
- **No. 10 Sodium sulphate 6X** – assists the reduction of overweight, stimulates the metabolism and reduces ravenousness.

Important: Enough fluid intake (especially water) is essential for the expulsion of toxins from the body.

In the next Schüssler-Express: 3- or 6-week intensive course of treatment with Schüssler-Salts for weight-loss.

*The Institute of Biochemic Medicine
(Asia – Pacific)*

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

Seminars 2020

- 13. – 16. February 2020 Perth WA
- 20. – 23. February 2020 Geraldton WA
- 21. – 24. May 2020 Ballarat VIC
- 5. – 8. June 2020 Ashgrove QLD

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

To our Subscribers in the US, Canada, South Africa, etc.

In all its publications **The Institute of Biochemic Medicine (Asia-Pacific)** follows the Tissue Salts nomenclature in accordance with the original teachings of Dr (med) W. H. Schüssler, i.e.

- No. 1 Calcium fluoride 12X
- No. 2 Calcium phosphate 6X
- No. 3 Ferrum phosphate 12X**
- No. 4 Potassium chloride 6X**
- No. 5 Potassium phosphate 6X**
- No. 6 Potassium sulphate 6X**
- No. 7 Magnesium phosphate 6X**
- No. 8 Sodium chloride 6X**
- No. 9 Sodium phosphate 6X**
- No. 10 Sodium sulphate 6X**
- No. 11 Silica 12X**
- No. 12 Calcium sulphate 6X**

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