

Schüssler Express

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SCHÜSSLER-SALTS IN PREGNANCY

For a woman pregnancy is a very special and exciting time, but one which may often be accompanied by “pregnancy” complaints such as nausea, heartburn, backache, sleeping disorders and bladder weakness. Much to the women’s chagrin most medications are banned during this time, as they could be harmful to the unborn child.

Schüssler-Salts are eminently suitable, as they sooth the complaints in a gentle way, free of side-effects and without harming the unborn child.

Here are a few health problems, often experienced during pregnancy, and the recommended Schüssler-Salts.

For **Nausea** and **Vomiting** Schüssler-Salts **No. 2 Calcium phosphate 6X** or **No. 3 Ferrum phosphate 12X** are applicable.

No. 2 Calcium phosphate 6X – supports healing and growth, problems with teeth, bones, nerves, blood and menstruation.

It functions in the cell membranes where it regulates the permeability. It is an important tonic and reduces excessively degradative metabolic processes. As a warming salt it loosens muscle tensions and promotes circulation. It firms and strengthens bones and is responsible for the inner structure. Calcium phosphate is further required for the formation of white and red blood cells, cell division and blood clotting. Long-lasting muscle cramps as well as a fast pulse benefit from Calcium phosphate. It has a relaxing effect on the nervous system; thus, it helps with trouble falling

asleep. And, especially during pregnancy and nursing period, and for babies, the intake of Calcium phosphate is important to prevent signs of deficiency.

Ferrum phosphate 12X – for fever, inflammations, pain; restorative for the musculature.

It is required in order the inhaled oxygen can be absorbed by the blood. The more oxygen that enters the cells the more nutrients can be utilised, and the more energy released. Ferrum phosphate regulates the circulation. It also enables a greater iron absorption from foods and consequently the transport to areas where it is required. Furthermore, Ferrum phosphate encourages the excretion of toxins.

Schüssler-Salt **No. 8 Sodium chloride 6X** is well suited for **Heartburn**.

Sodium chloride 6X – regulates fluid balance, for anaemia, constitutional remedy.

It is required for the general functioning of nerves and muscles. It regulates the fluid balance of the body – dry skin and mucous membranes, excessive fluid discharge e.g. tears or sweat. Sodium chloride is vital for cell renewal and -growth; without this salt the cell is unable to absorb fluid. As a valuable salt it is also required for the acid production in the stomach: a deficiency may cause heartburn, gastric catarrh and bad digestion. Furthermore, it stimulates the formation of blood cells and is required for the structure and renewal of cartilage – cracking joints when moving are a result of a Sodium chloride deficiency.

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When suffering from **Backache** the following Schüssler-Salts are indicated: **No. 2 Calcium phosphate 6x**, **No. 5 Potassium phosphate 6X** and **No. 7 Magnesium phosphate 6X**

No. 5 Potassium phosphate 6X – strengthens muscles and nerves, for infections with high fever, nervous debility, signs paralysis.

It allows for a well-matched function of muscles and nerves – it has a stabilising effect on nerves, psyche, mind and body. It is the remedy for neuritis, carditis and has an antiseptic effect. A lack of Potassium phosphate may result in weakness of memory, anxiety, timidity, claustrophobia and depression. It is also indicated for states of exhaustion, and in case of high fever it supports the organism in its cleansing process and the strengthening of vital energy. Potassium phosphate is indicated for muscle weakness and pain that causes restricted movement. A permanent deficit may cause tissue degeneration and paralyses. A clear indication for the need of Potassium phosphate is a constant feeling of fatigue and lack of energy.

No. 7 Magnesium phosphate 6X – for muscle pain, colic, cramps, effective nerve remedy.

It is involved in the makeup of bones, nerves and muscles. It mutes nerve impulses to the musculature. A deficiency can therefore cause cramps and colic in the hollow organs (e.g. stomach, intestine, bladder, gall bladder) – generally, Magnesium phosphate is regarded as an antispasmodic and pain-relieving Schüssler-Salt. It has a harmonising effect on the body's rhythm by assisting a relaxing and restful sleep at night and perking up in the morning.

For **Bladder Weakness** Schüssler-Salt **No. 10 Sodium sulphate 6X** is recommended.

No. 10 Sodium sulphate 6X – stimulates excretion and detoxification; for problems of liver, gall bladder, pancreas, kidneys and intestine.

It is mainly contained in the bodily fluids and should regulate those by extracting water from the cells and ensuring its excretion via kidneys, urinary organs and the skin. Sodium sulphate supports the body in the dissolution and excretion of fluid retentions – so called oedema. It sends an impulse to the urinary bladder to void, thus a Sodium sulphate deficiency causes urinary retention.

For **Sleeping Disorders** use **No. 7 Magnesium phosphate 6X** – as a 'Hot 7' (10 tablets dissolved in ca 100 ml of boiling water, cooled and slowly sipped) – before bedtime.

DHU Schuessler-Salze

*Students and Institute qualified practitioners please also refer to your study notes 'Pregnancy and the use of Biochemic Therapy'

The Clinical Science of Biochemic Therapy

(Dr med W.H. Schüssler)

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SCHÜSSLER-SALTS AND CREAMS TO SUPPORT THERAPEUTIC FASTING

As supportive measures Tissue Salts and creams benefit therapeutic fasting, as they can have a positive influence on the purification and detoxification of the body.

Tissue Salt **No. 6 Potassium sulphate 6X** in particular affects the liver metabolism and promotes both purification as well as the removal of toxins.

The following Schüssler-Creams also assist the body with a fasting cure: **No. 6 Potassium sulphate cream** supports the liver in its tasks, whereas **creams No. 1 Calcium fluoride** and **No. 11 Silica** care for an elastic skin and firm connective tissue.

No. 6 Potassium sulphate 6X is the remedy for chronic inflammations and skin diseases, detoxification processes, and for problems of the mucous membranes and veins. For oxygen utilisation it is required in the upper layer of the mucous membranes, the outer epidermis and in all cells. As Potassium sulphate supports the venous blood circulation it benefits the heart, liver, spleen, small- and large intestine.

In case of epidermal problems Potassium sulphate is an excellent curative remedy as it stimulates the skin's healing process by boosting the discharge of pathogens via the skin.

Furthermore, Potassium sulphate assists the muscle cells with oxygen utilisation, thus it is beneficial in the treatment of sore muscles, heavy faint limbs, drowsiness and dullness.

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PLASTIC WASTE IN THE HUMAN INTESTINE

Now it's official, what naturopaths suspected for many years: According to a pilot study conducted by Austrian scientists at the medical university in Vienna, microplastics in human faeces was firstly attested in October 2018. However, the test was only conducted on 8 people, but plastic particles were traced in the stool of each of those persons!

The participants lived on different continents, did not know each other previously, were between 33 and 65 years old and kept a nutritional diary for one week. During that time all of them consumed foods wrapped in plastic, or drink from PET bottles. Some also ate fish and seafood. None of the group followed an exclusively vegetarian diet.

At the press release Bettina Liebmann, from the Austrian Federal Environment Agency and expert in the field of microplastic analyses, announced that nine different kinds of plastic with a particle size of 50 to 500 micrometre can be attested in her laboratory. The most frequent plastics detected were PP (polypropylene) and PET (polyethylene terephthalate).

Now it needs to be clarified if the plastic exposure comes from the food, or the plastic itself surrounding the food and drinks.

As the test group was very small scientists want to conduct a larger study with candidates from around the globe.

The fact that micro traces of all environmental toxins and unfortunately also plastic waste end up in our body cells should be reason enough to check our ecosystem. Unfortunately, in the generally healthy eco-shops almost all goods are offered either sealed in plastic or loosely packed.

With the obvious suspicion that, beside the plasticisers, microplastic traces can no longer be argued away in human faeces. Action is required!

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