

Schüssler Express

#67



DR SCHÜSSLER'S HEALING METHOD

Impact and Side-Effects of Schüssler-Salts

Schüssler-Salts may assist the body with a better utilisation of mineral substances absorbed through our foods and transportation to the parts of the body where they are desperately needed. Thus, disorders of the cell metabolism may be remedied, and the body's self-healing powers stimulated, resulting in the alleviation or even complete disappearance of the health problems.

Schüssler-Salts **do not** have any side-effects and they can be taken alongside other medications. People who are lactose intolerant should consult their doctor or natural health therapist, or resort to Schüssler-Salts in form of drops or globules.

Schüssler-Salts – Fields of Application and Effect

Over 130 years ago the German doctor Dr Wilhelm Heinrich Schüssler (1821-1898), developed, after extensive research, a healing method with twelve different mineral salts. These mineral salts naturally occur in the human body and under normal circumstances are absorbed through our food every day, however not always in adequate amounts and suitable form. Dr Schüssler established that these twelve minerals exist in the cells of the most diverse regions of the body, where they fulfil specific tasks and are essential for their function. A deficit in those salts causes pathological changes to the cells.

From this Dr Schüssler concluded that, with an adequate supply of mineral salts the body can be

healed and sustainably be kept healthy. With the help of a specifically developed method he succeeded in processing the mineral substance in a way that they can easily permeate the body cells and be utilised. He named this healing method 'Biochemistry', composited from the Greek terms 'chemie' (= science of the elements) and 'bios' (= life).

Each of the twelve salts has certain functions in the body, acts supportive on its processes and contributes to the strengthening and healing of the body.

The goal of this therapy is to stimulate the body's own regulatory capacity so the equilibrium of the mineral metabolism can be restored. According to the principles of biochemistry the treatment of each patient follows an individually tailored plan and recommended remedies, based on the symptoms. The different mineral salts can be used for various ailments.

The salts come in form of tablets, drops and globules. They are taken orally and should be dissolved on or under the tongue to allow direct absorption into the blood stream, and the cells, via the oral mucosa.

The twelve Schüssler-Salts are also available in form of cream for external application.

A special form of administration of Schüssler-Salt No. 7 Magnesium phosphate, is the so called 'Hot Seven' – dissolve 10 tablets in a cup of boiling water, stir and sip the solution slowly. Hold each mouthful for a few seconds before swallowing in order to facilitate absorption through the mucous membranes of the mouth. This method may also be used for other salts.

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In addition to the twelve mineral salts according to Dr Schüssler, there are 15 supplementary remedies, established by other doctors, to expand and support the effect of the original twelve salts.

The correct Dosage

The fields of application of Schüssler-Salts are diverse, thus the dosage recommendations are very different. For instance, the dosage is different for the treatment of acute and chronic afflictions as well as for the well-known curative administrations.

Furthermore, the level of the health problem and the individual experience of the therapist are decisive for the dosage recommendation.

The general dosage recommendations – as shown on the packaging – are:

Adults and Children over 12 years

Tablets: Generally, one tablet 1 to 3 times a day. With improvement the frequency can be reduced.

Globules: 5 globules are equivalent to 1 tablet.

Drops: 5 drops are equivalent to 1 tablet.

For curative administration: Of each mineral dissolve two tablets in the mouth.

Children

Babies in the first year take 1/3 of the adult dose, after consultation with the therapist.

Infants up to the age of 6 take ½ of the adult dose

Children between the age of 6 and 12 take 2/3 of the adult dose.

Additional Dosage Advice

Therapists often recommend a higher dosage, e.g. for acute illnesses or a combination of several minerals. However, it should be restricted to 3-4 remedies. In such cases the salts should be administered ideally in alternation, for instance in hourly alternation, or one mineral in the morning, the second at noon and the third one at night. Interactions amongst the Schüssler-Salts are not known.

Depending on the severity of symptoms, the ingestion of 1 tablet every three to five, 15 or 30 minutes is recommended within the first hour of an acute illness. Once symptoms improve the intervals should be increased.

The duration of administration of the Schüssler-Salts depends on the healing progress. Tablets are taken until complete improvement of afflictions has been achieved. In case of acute problems this can take a few hours. The treatment of chronic cases may take several months.

Note: It is recommended to seek professional advice when symptoms persist.

The prerequisite for successful treatment is the correct remedy. Applying the wrong Schüssler-Salt will not harm, but neither will it be of help.

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

The Clinical Science of Biochemic Therapy

(Dr med W.H. Schüssler)

<Diploma>

Including Facial Diagnostics

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