

Schüssler Express

#68



Chronic Fatigue Syndrome (CFS)

CFS is a chronic disease characterised by physical and mental exhaustion. Further symptoms are joint-, neck- and muscle pain, headaches, sleeping disorders and disturbances of memory as well as depression.

The causes of CFS are not clearly defined. Suspected triggers are viruses (Epstein-Barr-Virus, Rotaviruses, Hepatitis viruses) or fungi, psychogenic disorders, mutations in the central nervous system, environmental toxins as well as vitamin- and mineral disorders.

Orthodox medicine treats the disease with cortisone, interferon, with the agent methylphenidate and psychotropic drugs. Other illnesses such as diabetes, fibromyalgia can also cause severe fatigue. Medical treatment mainly targets the symptoms, as there is no uniform specific treatment yet.

The CFS-treatment with Schüssler-Salts

Take each mineral once a day as 'Hot 7' (= dissolve 10 tablets in boiling water, sip slowly while holding each mouthful for a few seconds before swallowing) in this sequence:

- **Morning:** No. 2 Calcium phos 6X (10 tablets)
- **Noon:** No. 5 Potassium phos 6X (10 tablets)
- **Night:** No. 7 Magnesium phos 6X (10 tablets) together with No. 21 Zincum chloratum 6X (5 tabs)

Duration of treatment: at least six months.

Günther H. Heepen
German Association of Biochemistry

Now and then, for **detoxification**, use the **Sulphate-treatment** with Schüssler-Salts No. 6, 10, 12 for two weeks

- **Before breakfast:** No. 12 Calcium sulphate 6X (10 tablets as Hot 7)
- **Before lunch:** No. 10 Sodium sulphate 6X (10 tablets as Hot 7)
- **Before sleep:** No. 6 Potassium sulphate 6X (10 tablets as Hot 7)

Supportive measures

Physiotherapy for joint- and muscle aches, change diet to whole-food nutrition for vitality, avoid alcohol and tobacco, and food supplements are important measures; recommended vital substances are zinc, L-carnitine, Magnesium and vitamin C and E (chemist); a stool analysis can shed light on possible fungal- and bacterial population in the intestine.

Günther H. Heepen
German Association of Biochemistry

Biochemic therapists,

While it is unlikely that you would wish to prescribe a herb unless you also practice in the field of Herbalism, you may find that many of your patients on Therapeutic Medication have a tendency to 'self-prescribe' herbs – (**and other OTC treatments**) – the information on this web site may assist you in your evaluation of patients, presenting to your clinics and who admit to using OTC herbal remedies and at the same time are also on prescribed medication.

<https://www.standardprocess.com/MediHerb-Documents-Library/Catalog-Files/herb-drug-interaction-chart.pdf>

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The Institute of Biochemic Medicine (Asia Pacific) is a branch of the German Association of Biochemistry, founded at Oldenburg (Germany) in 1885

www.biochemic-remedies.com.au
www.biochemie-online.org

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Endometriosis

Endometriosis is a disease – often progressive – in which scattered fragments (islands) of the mucous membrane, lining the uterus (endometrium), implant themselves outside the uterus. Endometriosis sites are most often located in the lower abdomen, (for example on the peritoneum, in the ovaries, the bowel or bladder.

Endometriosis sites are subject to the influence of the hormones – progesterone and estrogen – that control the menstrual cycle. In the same way as the normal uterine mucosa – also known as the “endometrium” – endometriosis sites follow a cyclic pattern as they develop and bleed.

Associated problems: cramps, irritation of the tissue which may cause scarring

Possible causes: selenium deficiency, tampons

Recommended Schüssler-Salts

- ✓ **No. 4 Potassium chloride 6X** – mucous membrane, protein metabolism
- ✓ **No. 7 Magnesium phosphate 6X** – in case of cramps (acute) – administer as ‘Hot 7’
- ✓ **No. 1 Calcium fluoride 6X** – scarring
- ✓ **No. 3 Ferrum phosphate 12X** – irritations
- ✓ **No 11 Silica 12X** – epithelial tissue
- ✓ **No. 12 Calcium sulphate 6X** – permeability (in this case: reduction)

*European Institute for Biochemistry of Dr Schüssler
Margit Müller-Frahling, Jo Marty*

Biochemic therapists,

While not expected to diagnose “illness” – but rather mineral deficiencies, you may be interested in the following web site which provides a number of photographs of various skin disorders, which may be observed with patients, and is provided to you for your interest and assistance. By clicking on the various photos, you will be directed to an enlargement of the original phot and further information which may assist you in the provision of minerals to suit the situation.

<https://www.britishskinfoundation.org.uk/Pages/Category/a-z-skininformation?Take=44>



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