

Schüssler Express

#72



BONE-POWER FOR YOUNG AND OLD

GOAL: STRUCTURE AND REGENERATION OF BONES, OSTEOPOROSIS-PROPHYLAXIS

Minerals for Flexibility

Minerals are essential for the structure and function of the bones in the human body. After all, our skeleton consists of ca 210 bones. They are the central mineral storages of the body and protect internal organs. The red bone marrow is the most important production facility of the blood cells. Without bones no upright walking: For this purpose, the skeletal supporting- and mobility function is required. On average 1 to 1.5 kg Calcium is stored in the bones. Calcium and phosphate are stored in the bone tissue in form of hydroxylapatite and care for a solid structure of this microarchitecture. For the construction of bones and maintaining their stability the body requires sufficient minerals, in particular Calcium; because bones are 'permanent construction sites' where an ongoing bone grafting and -resorption takes place.

Growing Pain and Osteoporosis

Decisive for the construction process is the relationship of necessary minerals and their utilisation. An under-supply or utilisation problems of the minerals cause disorders which can manifest in growing problems or even osteoporosis. This is where Schüssler's biochemistry applies. It differentiates between the quantity in minerals (= nutrient) and the qualitative function of the mineral ions (= functional substance). The minerals, according to Dr Schüssler, are functional substances and help to supply the cellular need in mineral ions and optimise the mineral utilisation. Thus, they are extremely well suited as a prophylaxis as well as a concomitant treatment for

dysfunctions of the mineral metabolism of bones, such as osteoporosis.

Schüssler-Salts for Bone Structure

Up to the age of 30 there is a possibility of achieving optimal bone density. After that conversion processes can still be influenced, and bone loss delayed.

<i>Symptom/Area</i>	<i>Biochemic Functional Remedy</i>
Collagen	No. 4 Potassium chloride D6
Periosteum	No. 1 Calcium fluoride 12X
Compact bone cortex	No. 1 Calcium fluoride 12X
	No. 2 Calcium phosphate 6X
	No. 7 Magnesium phos 6X
	No. 22 Calcium carbonate 6X
Trabeculae	No. 4 Potassium chloride 6X
	No. 11 Silica 12X
Fatty bone marrow	No. 5 Potassium phosphate 6X
Cartilage	No. 8 Sodium chloride 6X
Tendons/Ligaments	No. 1 Calcium fluoride 12X
	No. 4 Potassium chloride 6X
	No. 8 Sodium chloride 6X
	No. 11 Silica 12X
Bone metabolism	No. 3 Ferrum phosphate 12X
Protection of mineral storages (acid degeneration)	No. 9 Sodium phosphate 6X
Growing pains	No. 2 Calcium phosphate 6X
	No. 7 Magnesium phos 6X

Additional Advice

This strengthens the Bones

- **Calcium-rich foods:** e.g. fennel, carrots, beans, linseed, broccoli, salads, sesame, almonds, pecorino. The diet should be versatile, as only the diversity of food generates the important synergetic effect.

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- **Exercise and sport** support the bone metabolism.
- **Exposure to daylight/sunshine** support vitamin-D production.

This weakens the Bones

- ✓ **Overacidity** has to be neutralised in the body with the help of mineral salts. If insufficient alkaline minerals (via food) is provided, mineral requirements are dissolved (taken) from bone tissue in order to neutralise the excess of acid.
- ✓ **Protein** increases calcium excretion. Therefore, minimal consumption of preserved meat products, milk.
- ✓ **Preservatives** restrict calcium resorption – contained in meat products, soft cheese, sweets, ketchup, soft drinks, convenience products.
- ✓ **Oxalic acid** binds calcium so that it is no longer available for the bones. Foods containing oxalic acid are e.g. tomatoes, rhubarb, asparagus, spinach, silverbeet, beetroot. However, the Cooking process can minimise the encumbrance.
- ✓ **Phytin** also binds calcium. Careful with digestive relief, e.g. wheat bran.
- ✓ **Salt** increases calcium excretion
- ✓ **Alcohol, coffee, and nicotine** inhibit bone metabolism

STRESS AND ANXIETY

The current pandemic sweeping the world, will undoubtedly create stress and anxiety.

I urge all practitioners to re-read the section in their notes for No. 5 Potassium phosphate 6X.

The *general treatment with Schüssler-Salts would be as follows:

- No. 5 Potassium Phosphate – 5 tablets in the morning
- No. 2 Calcium Phosphate – 2 tablets before meals
- No. 8 Sodium Chloride – 2 tablets after meals
- No. 7 Magnesium Phosphate – 5 tablets before sleep, *together with*
- No. 2 Calcium Phosphate – 2 tablets before sleep

Tablets should be dissolved in the mouth.

Alternatively: Place 5 of No. 5 and 5 of No. 2 in one litre water bottle – one bottle for the morning and one for the afternoon – and sip slowly. Sodium Chloride should be taken on their own as directed.

*General signs, symptoms, history, and Facial Diagnostics is of course also important in the treatment.

*The Institute of Biochemic Medicine (Asia – Pacific)
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Power-Treatment

Schüssler-Salts

	Effect	Daily Recommendation
No. 2 Calcium phosphate 6X	Protein metabolism, bone structure, Muscle relaxation (tensions, calf cramps)	12 tablets
No. 7 Magnesium phosphate 6X	Relaxation of the nervous system and Musculature, First-Aid for pain and cramps	5-7 tablets
No. 9 Sodium phosphate 6X	Degeneration of excess acids, Fat metabolism	5-7 tablets
No. 22 Calcium carbonicum 6X	Strengthening of bones, Degenerative mutation of the spine	5 tablets

Additionally: No. 1 Calcium fluoride 12X, No. 11 Silica 12X – 6 tablets each per day // Externally No. 1 cream Minerals should be taken throughout the day, either dissolved in the mouth or in water

Duration: Treatment should be followed for 4 – 8 weeks.

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