

Schüssler Express

#73



STRENGTHEN YOUR INNER BALANCE

A certain amount of stress can have a positive effect on body, mind, and soul. In a split-second stress can provoke peak performance. However, it becomes problematical when a person reaches a permanently high stress level. The persistence of this 'exceptional state' causes (initially subtle) mental and physical exhaustion. Loss of energy and disinclination to work complicate the coping with the daily routine. A permanent overextension often results in the so called 'Burn-out-Syndrome'. The 'chronic fatigue syndrome' (CFS), which is not linked to organic malfunctions, can also be a result of ongoing overload. In the meantime, research has provided affirmation.

For instance, it has been proven that stress:

- causes inflammatory processes which dramatically increase the risk of cardiovascular diseases. A study conducted in 2004 confirmed that stress is almost as often the cause of a heart attack as nicotine consumption and illnesses of the fat metabolism.
- intricately connected to physical symptoms such as skin alterations, are tinnitus, stomach ulcers, back- and head aches, migraine, twitching eyes, allergies.

Minerals are a Basis for Emotional Well-being

Our thoughts and feelings are always connected to biochemical processes in our body. Here two levels have to be considered:

- Mineral deficiencies create dysfunctions of the neural processes and can cause noticeable problems on the psychological and mental level. A

robust mineral metabolism is an essential foundation for the emotional well-being.

- Mental, emotional, and psychological processes strain the physical fundamentals and the mineral metabolism. Stresses and strains on these levels demand a specific supply, as a shortage of minerals leads to deficits and the storages are plundered.

Mineral deficiencies cause Disorders

The impacts of mineral deficiencies on the mental state have been scientifically attested. For example, a deficit in iodine results in fatigue and lack of drive. Learning- and concentration difficulties have been ascertained in children and adolescents. In pregnancy one has to reckon with intellectual development disorders of the embryo (cretinism). Verified disorders for other minerals in case of a deficiency are:

- **Iron:** reduced resilience, tiredness, lack of concentration, learning disability, inefficiency.
- **Calcium:** increased nervousness, depression
- **Magnesium:** depression, tension, concentration- and sleeping disorders
- **Potassium:** irritability, lack of motivation
- **Sodium:** apathy, disorientation, dizziness
- **Zinc:** chronic fatigue, depression, hyperactivity, concentration disorders, learning disability, mental retardation
- **Copper:** nerve degeneration

Schüssler-Salts regulate

All neuronal processes and substances not only depend on the presence, but also on the action of the mineral-ions. For example, when you drop a stone on

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your foot you will only feel pain when your nerve transmission is intact. This principle of nerve transmission again only works when the bioelectrical properties of the agitable nerve cell membrane functions. Minerals, or better mineral-ions always have a positive and a negative charge. The distribution of the positive and negative mineral-ions accomplishes the electrical tension. When a stimulus hits the cell, sodium-ions pour in the cell and potassium-ions exit the cell. Through this process the tension on the cell membrane (= action potential) changes. This is the requirement for the release of chemical substances like the neurotransmitters.

Schüssler-Salts set impulses for the distribution and action of the mineral -ions. They have an influence on the absorption, utilisation, and regulation of the minerals, therefore on the overall mineral metabolism. Based on the described connections between minerals and mental state, Schüssler-Salts always have a positive influence on a stable emotional well-being.

Schüssler-Salts release a pulse for change. They strengthen the physiological forces of the human being. An energetic person is more inclined to break away from behaviour patterns and courageously approach changes.

The Energy-Plus-Treatment

Goal: Strengthening of the Nervous system and Impulse, Stress reduction

Schüssler-Salt	Action	Recommended daily intake
No 2 Calcium phosphate 6X	Regeneration salts Bone grafting remedy Muscle relaxation (tensions, calf cramps)	5 tablets / 25 drops
No. 5 Potassium phosphate 6X	State of exhaustion, Support of nerves and mental capacity	7 tablets / 35 drops
No. 7 Magnesium phosphate 6X	Energy provider for each cell, Relaxation of the nervous system and Musculature, first-aid-remedy for sleeping disorders, pain, and spasms.	5 tablets / 25 drops

Administration: The minerals should be taken during the day. Tablets are either dissolved in the mouth or in water – keep the solution in the mouth for a few moments before swallowing.

Duration of treatment: The protocol should be followed for at least four to six weeks.

Additional remedies: No. 14 Kalium bromatum 6X (sleep); No. 16 Lithium chloratum 6X (depressive mood) – 3 tabs

External application: No. 7 Magnesium phosphate - Cream

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