

# Schüssler Express

#74



## ALLERGY-TREATMENT WITH SCHÜSSLER-SALTS

### GOAL: STRENGTHENING THE IMMUNE SYSTEM, RELIEF OF HAY FEVER

#### Schüssler-Salts in Allergies

The number of allergy sufferers has risen sharply over the last decades – tendency still on the increase.

The determination of allergy is when a specific immunological reaction takes place, therefore specific identifying molecules of the immune system like antibodies or T cells react to a certain foreign object. The exaggerated immune reaction is often directed against normally harmless substances such as animal hair, pollen, or food components. The spectrum of symptoms stretches from watery eyes or runny nose to skin rashes or respiratory distress. Unlike in the defence of pathogens, here the triggering substances are neither destroyed, nor does the immune system build a protection against further attacks. The illness usually lasts as long as the allergens burden the organism of the allergy sufferer. Schüssler-Salts alleviate the symptoms and have a constitutional effect.

#### Robust Immune System

It is reasonable that the body reacts to toxins. But why does it increasingly react to seemingly harmless and natural substances like pollen or animal air? Our immune system differentiates between endogenous (body's own) and exogenous (non-self) substances and is generally able to sort the exogenous substances (antigens) into harmless and dangerous matters (e. g. pollen, animal hair, dust mites, foods, especially milk, medicines, also vaccines, as well as the excessive reaction to insect bites). Calcium phosphate strengthens the physical substance and

influences the protein metabolism. People, who have an allergic reaction to exogenous substances that are made of protein matters, were at least able to get relief with the administration of No. 2 Calcium phosphate 6X.

#### Advice: Reduce Protein intake

An excessive consumption of (animal) proteins via the food can cause imbalances to the protein metabolism. Thus, the diet plays an essential part in the holistic approach to allergy treatments. Dr med M.O. Bruker (1909-2001) was of the opinion that animal protein in fact plays a central role in allergies.

#### Histamine – Consider Intolerances

The cause for an allergy is, as already mentioned, the dysregulation and exaggerated defence reaction of the immune system. In case of allergies the immune system classifies harmless substances as dangerous and consequently produces too many antibodies. This again results in the release of substances, particularly histamine, which cause allergic symptoms. This so far best researched messenger in humans and animals is involved in the regulation of the wake-sleep cycle and control of appetite. It acts a central part in the defence of foreign substances and for most allergic reactions. Already small amounts of an allergen can cause severe reaction such as skin rashes, sneezing attacks, runny nose, irritation of the conjunctiva, nausea, or breathlessness.

Histamine (2-(4-Imidazolyl)-ethylamine) is a natural substance that acts in the human and animal organism as a messenger and neurotransmitter. It also exists

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almost everywhere in the plant kingdom and in bacteria. Some foods naturally contain histamine. It is mainly found in products that ripen and are stored for a longer time non-refrigerated, like hard- and mould cheese, ham, salami, or sauerkraut. Larger amounts of histamine are also found in certain fish products, particularly in smoked mackerel, whereas hardly any histamine is found in fresh, unprocessed, or frozen fish. Red wine can also contain high amounts of this substance. As soon as the organism gets in contact with the allergen the so-called mastocytes in the mucous membrane releases histamine. The excessive histamine production causes the mucous membranes to swell and secrete increased fluid, which can cause inflammations in different body regions. Here, the biochemic remedy No. 3 Ferrum phosphate 12X can be used, as it has proven successful for all inflammatory processes. In addition, No. 10 Sodium sulphate 6X eases itching. In acute situations dissolve one tablet of the appropriate Schüssler-Salt in the mouth every five to 15 minutes. Schüssler-Salts can also be used externally in form of compresses, douche or nose drops.

### Schüssler-Salts for Allergies

**No. 1 Calcium fluoride** - strengthens the skin

**No. 2 Calcium phosphate** – main remedy for allergies, antispasmodic

**No. 3 Ferrum phosphate** – inflammations, immune system

**No. 4 Potassium chloride** – regulates the glands

**No. 5 Potassium phosphate** – in case of debility

**No. 6 Potassium sulphate** – in case of asthma, always together with No. 10

**No. 7 Magnesium phosphate** – energy, relaxation

**No. 8 Sodium chloride** – mucosal remedy, most vital remedy + No. 2 for hay fever

**No. 10 Sodium sulphate** – excretion, main remedy for sun allergy

**No. 17 Manganum sulfuricum** – immune system, energy

**No. 24 Arsenum jodatum** – administration in acute situations, balancing 'soothing'

Schüssler-Salts	Effect	Recommended daily use
No. 2 Calcium phosphate 6X	Regeneration salt, bone grafting remedy, relaxation of musculature	12 tablets
No. 8 Sodium chloride 6X	Fluid balance, mucosal structure	12 tablets
No. 24 Arsenum jodatum 6X	Allergy, metabolism muting	3-5 tablets

**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 four to eight weeks.

**External application:** No. 8 Sodium chloride 6X (nasal spray)

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## SULFA – SULPHUR (SULFUR [USA]) – SULPHITES – SULPHATES

Confusions – Reactions – Hypersensitivity

### The confusion between Sulphur drugs, (Sulfa) Sulphites and Sulphates

Because their names are similar, people often confuse “Sulfa” (*Sulphur*) with “Sulphites” and Sulphates.

Sulphur - “Sulfa” drugs and sulphites are “sulphur” derivatives with potentially harmful reactions in sensitive individuals

“Sulfa” (*Sulphur*) is a constituent of some antibiotics and many other medications.

Doctors and pharmacists use drugs that contain “Sulfa” (*Sulphur*) to treat many conditions, including skin disorders, eye infections, and rheumatoid arthritis. Allergic reactions and hypersensitivity to these sulphur antibiotics are quite common.

Symptoms of an allergic reaction to sulphur drugs may include rash or hives, itchy skin, or eyes, and swelling.

Sulphites and “Sulfa” medications are chemically unrelated, but Sulphite medications may cause allergic reactions in some people.

Sulphites occur naturally in most wines; they are also used as a preservative in other foods.

“Sulfa” allergy and allergy to sulphites found in food or drink are **not the** same thing.

### Sulphates

**Sulphur** in the form of “**sulphate**” is found as the negative ION in the biochemic Schüssler-Salt No. 6 *Potassium Sulphate* – No. 10 *Sodium Sulphate* and No. 12 *Calcium Sulphate*. All contain **sulphate** which is a **necessary** component of life and **will not result in adverse reactions**.

#### Definitions:

**Sulphate:** a non-metallic chemical element that is an essential element for all life, resembles oxygen in chemical properties,

**Sulphite:** a salt or ester of **sulfurous acid**

**Sulfa:** (*Sulphur or Sulfur*) any of various synthetic organic bacteria-inhibiting drugs that are Sulfonamides closely related chemically to Sulfanilamide



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