

# Schüssler Express

#76



## THE ORGAN CLOCK – HOW TO FIND MORE VITAL ENERGY

**A**re you often fatigued or sick? Maybe your internal clock got out of time. The following information explains how you can reconcile with your body. The organ clock allocates each time to a certain organ.

### Discover your natural rhythm

In this fast-paced everyday life the daily routine is no longer aligned in accordance with the natural rhythm but by following domestic and professional obligations. This can bring the body's organ clock out of step: tiredness, exhaustion and metabolic disorders are the result. Traditional Chinese Medicine has long dealt with the cycles the body is subject to. Vital energy runs through the body in different phases. In two-hourly rhythms one organ is particularly strongly supplied with blood each time and thus best provided with energy. This results in the duty- and dormant phases of the organs. Those who understand the organ clock and are guided by it are able to improve their rhythm of life. With simple changes, for instance a walk, you are able to support your natural rhythm.

#### 5 - 7 o'clock: Colon-phase

For most people, the day starts. The perfect time to cleanse the body of unnecessary ballast. The early morning visit to the toilet assists. This is particularly easy as this is the time when the large intestine unfolds its greatest power. A glass of lukewarm water supports detoxification.

#### 7 - 9 o'clock: Stomach-phase

In many families the morning is a hectic time. However, you should enjoy a relaxed breakfast, as now the organism can absorb and utilise food best. The mind is also ready for food: Perfect for animated conversations at the breakfast table or to pick up the daily news from the newspaper or radio.

#### 9 - 11 o'clock: Spleen-phase

The spleen-time is the best phase for learning and thinking. It plays a part to gain something positive for the body, mind, and soul from all this input. Do you experience concentration disorders? A little self-massage can help. Or, with your fingers casually tap along the cortex and temples.

#### 11 - 13 o'clock: Heart-phase

These are the brightest and warmest hours of the day. At lunchtime you can catch a breath and unbiasedly exchange views. Indulge in a lunch with a nice colleague, friend, or your loved ones. Only thus will you gain more from the day as those who work through their lunch break in order to supposedly save time.

#### 13 - 15 o'clock: Small intestine-phase

Now your productivity is at its lowest. Time to reflect what you have already achieved today, and to arrange your thoughts. The small intestine is the big selector – separates important matters from unimportant ones. Assist it with a short walk.

#### 15 - 17 o'clock: Bladder-phase

Enough with siesta, because during bladder-time you are full of energy and prepared to tackle things. The bladder gives courage and relaxation. In the afternoon, the long-term memory operates at full stretch. But please do not forget to drink sufficiently – particularly clear water and/or tea.

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## 17 - 19 o'clock: Kidney-phase

The evening is close. Kidney store energy and thus generate stability and security. Now, a foot massage is greatly beneficial, the stimulation of the soles of the foot benefits the kidneys – the same as herbal teas – in their works.

## 19 - 21 o'clock: Pericardium-phase

The day draws to an end and the body retreats from the daily routine. The pericardium, the heart sac, is the protector of the heart's energy. When the pericardium is strong you feel in tune with yourself. Follow the need for tranquillity and surround yourself with people with whom you can be totally yourself.

## 21 - 23 o'clock: Sanjiao-phase (Triple Burner)

Sleep envelopes you and the impressions of the day disappear. The triple-burner, called sanjiao, does not correspond with any organ in western medicine. Its superior function entails connecting body, mind, and soul as well as to ensure a balanced body temperature. Are you unable to find rest? A brief meditation can stimulate the energy cycle.

## 23 - 1 o'clock: Gall-phase

The days take turns and it is night: You are in a deep sleep. This respite is especially important for the gall bladder function. During the day you can strengthen the gall bladder by consuming mainly low-fat foods and plenty of green vegetables.

## 1 - 3 o'clock: Liver-phase

You are in bed and come to rest. The liver allows all bodily functions to proceed smoothly. It is also responsible for creativity and self-fulfilment. The most important support for the liver is sports. Go for a half hour walk or jog two- to three times. The goal, to find relaxation whilst exercising.

## 3 - 5 o'clock: Lung-phase

It is still in the night when the lung's energy is high. It provides the body with oxygen, collects strength, and creates room for the forthcoming life tasks. To accomplish this, the lung needs fresh air. Preferably sleep with an open window for a good start into the day.

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## SPRINGTIME- CURE

### Schüssler-Salts No. 5+9+10

You want to cut a fine figure in springtime? Also consider a balanced mineral metabolism. The springtime-cure combines Schüssler-Salts:

- **No. 5 Potassium phosphate 6X** - the salt for nerves and psyche
- **No. 9 Sodium phosphate 6X** – the salt for the metabolism

- **No. 10 Sodium sulphate 6X** – the salt for inner cleansing

#### Administration & Dosage:

- **Morning:** 2 tablets of No. 10 (dissolve in mouth)
- **Noon:** 2 tablets of No. 5 (dissolve in mouth)
- **Evening:** 2 tablets of No. 9 (dissolve in mouth)

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**Additional advice:** Schüssler-Salts No. 1 Calcium fluoride and No. 11 Silica as cream/lotion.

- **Morning:** No. 1 – the salt in firm skin
- **Evening:** No. 11 – the salt in dense connective tissue

The valuable ingredients of creams and lotions maintain and pamper the skin gently and naturally.

## The Springtime-Cure with the Salt for the Metabolism

**No. 10 Sodium sulphate 6X** is the biochemic remedy for excretion. It is contained in the emunctories where it assists the body with the expulsion of excess fluids. Sodium sulphate is predominantly contained in all tissue fluids.

**No. 5 Potassium phosphate 6X** is the most important inorganic salt of the cells and especially vital for brain-, nerve- and muscle cells. It is regarded as the nerve nutrient. It plays an essential part in the maintenance of the cellular membrane-resting potential.

**No. 9 Sodium phosphate 6X** is found in the entire body, for instance the brain-, nerve- and muscle cells, in the blood cells, the plasma and tissue fluid as well as in the connective tissue. It is required to maintain the acid-base balance in the body and stimulates the metabolism.

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## HOW LONG IS VITAMIN D STORED IN THE BODY?

**C**alcitriol (1,25-dihydroxyvitamin **D**<sub>3</sub>), the active form of **vitamin D**, has a half-life of about 15 hours, while calcidiol (25-hydroxyvitamin **D**<sub>3</sub>) has a half-life of about 15 days. **Vitamin D** binds to receptors located throughout the **body**.



## HOW LONG DO YOU HAVE TO STAY OUTSIDE TO GET VITAMIN D?

**R**egular sun exposure is the most natural way to get enough vitamin D. To maintain healthy blood levels, aim to get **10–30 minutes** of midday sunlight, several times per week. People with darker skin may need a little more than this. Your exposure time should depend on how sensitive your skin is to sunlight.

### WAY TO GOOD HEALTH

MAGAZINE FOR BIOCHEMIC THERAPY AND NATURAL HEALTH CARE

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