

# Schüssler-Express

#77



## JOINT- AND BACKACHE

Joint pain can be a sign of an overburdening or beginning osteoarthritis, which becomes noticeable only on more loading. However, it is important to continue the physical exercises or sport even when a mild arthrosis has been diagnosed. Already in the 1950s a German sports physician successfully treated many of his osteoarthritis patients with jogging and cycling exercises. He discovered that, with a slow intensification of performance, defect cartilage areas will regenerate. Completely without medication and surgery.

### Treatment

**No. 2 Calcium phosphate 6X** – both tablets and cream, **No. 3 Ferrum phosphate 12X** (tablets). Apply **No. 11 Silica cream** to the painful areas several times a day.

## MUSCLE HANGOVER

Microinjuries of muscle fibres cause pain after physical exertion. However, the so-called “muscle hangover” or muscle stiffness can be avoided with the use of Schüssler-Salts starting a day prior to and during the sporting activity. Important after the activity: Take a warm to hot (as bearable) and massage the extremities with myofunctional oil (chemist).

### Treatment

Before and during sport: **No. 3 Ferrum phosphate 12X** and **No. 9 Sodium phosphate 6X**. For pain after sport additionally **No. 7 Magnesium phosphate 6X** as ‘Hot 7’ (10 tablets dissolved in ca 100 ml hot water and slowly sipped). For tendency to muscle hangover additionally directly prior to the sporting activity **No. 7 Magnesium phosphate 6X** as ‘Hot 7’ and **No. 7 cream**.

*Günther H. Heepen // German Association of Biochemistry*

## BACK EXERCISES – THIS WORKOUT MAKES YOU FIT

The following back exercises strengthen the lower back and prevent back pain without much effort. They demonstrate how to do an effective back training at home and without any equipment. The following workout will help make you fit again.

Back pain is one of the most common chronic diseases worldwide. The main culprit is office work, because we spend an average of **7.5 hours a day sitting**. This automatically causes our muscles to break down and consequently back problems are pre-programmed.

Scientists have found that **just one hour of exercise a day outweighs eight hours of sitting**. Among the classics for lower back pain are for example, the plank and the back stretch. We also recommend the following exercises, which strengthen both the back muscles and spine and therefore represent an optimal workout for muscle building.

### PELVIC LIFT

Among the back exercises which also strengthen the gluteal muscles, is the pelvic lifting. In the starting position, you lie on your back and place your feet

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about **shoulder-width** apart on the floor. Your arms lie outstretched next to the body with your palms down.

Lift your pelvis until your torso and **thighs form a straight line**. Hold this position for a few seconds and then slowly lower your pelvis again without touching the ground. Repeat the exercise about 15 times to effectively strengthen your back muscles.



## PELVIC LIFT WITH LEG LIFT

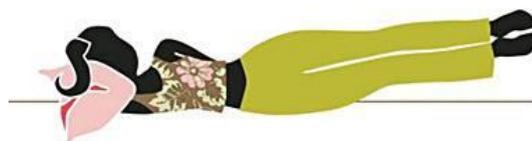
To make pelvic lifting **a little more demanding** and put more strain on your back muscles, you can shift your weight to your left leg and stretch your right leg. Make sure your pelvis stays straight. For optimal back training do 15 repetitions, then change to the other leg.



## SIDE LEG LIFTING

Lateral leg lifting is also one of the most effective back exercises for strengthening the back muscles. Lie down on one side and support your head with either your hands or a pillow. Lift both legs closed off the ground and **hold this position for a few seconds**.

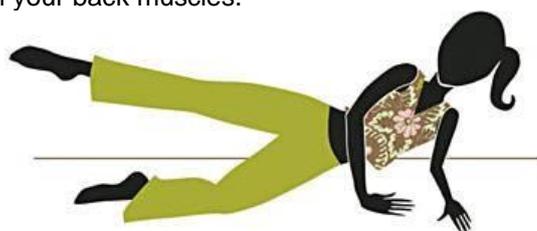
Slowly lower them back on the mat and repeat the exercise 10 to 15 times before changing to the other side. **Positive side effect:** The abdominal muscles are also trained with this exercise.



## SIDE PLANK

The side plank is a back exercise that not only stabilizes the back muscles, but also **ensures a slender waist**. In the starting position you are on your left in the side position, supporting your body on the left forearm. To stabilize, you can use your right arm. The lower leg is slightly bent, the upper one is stretched over it.

**Brace your core** and lift your pelvis so that your left lower leg stays on the ground. Lift the upper leg and then let it sink again along with the pelvis. Repeat this back exercise 10 to 15 times. Change side to optimally train your back muscles.



## ALL-FOURS POSITION

The quadruped stand is a classic among the back exercises and is so popular because you can train your abdominal muscles **at the same time**. In the starting position, you are on all fours – knees hip-width

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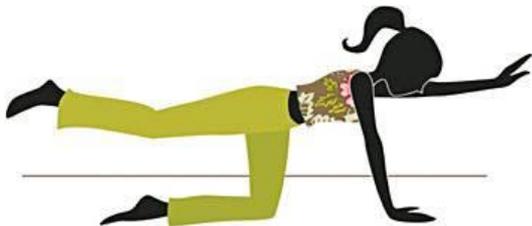
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apart, hands under your shoulders, and neck and spine neutral.

Brace your core and stretch your right leg straight to the back and your left arm forward so that they form a line. Your gaze is directed downwards. Hold this position for a few seconds then **bring your knee and elbow under the body together** and stretch out again. After 15 to 20 repetitions change side.



## BACK SWING

In the starting position of this back exercise you sit in the middle on the mat and pull your legs to the body. Clasp your knees with your hands and slowly roll onto your back **until your shoulders almost touch the ground.**

Then swing back up **until you almost sit upright again** and let yourself fall back again. To optimally train your back muscles, you should repeat the exercise about 10 times.



*The Institute of Biochemic Medicine (Asia – Pacific)*

## POTASSIUM SULPHATE FOR JOINT PROBLEMS

The salt Potassium sulphate has a long tradition in medicine. For over 100 years the sulphur bath (Potassium sulphate) has been recommended and used for joint problems successfully. The German sports physician Dr Ernst van Aaken (1910-1984) applied it. In the 1960 he drew medicine's attention with his relentless exercise therapy in osteoarthritis patients and helps hundreds of people with knee- and hip problems. His recipe for success: advancing exercise such as cycling and jogging and hot baths (40°C) in the mornings with 100 to 200 g of sulphur salt (chemist). At that time artificial joints did not yet exist, and there was almost no help for osteoarthritis patients. The combination offered by Dr van Aaken was a great success.



*Potassium sulphate under the microscope*

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