

Schüssler Express

#78



THE MENOPAUSE-COURSE OF TREATMENT WITH SCHÜSSLER-SALTS

For many women menopause represents big changes – for a start, they perhaps worry about the aging process or they want to remodel their life, after the children left home. On the other hand, the female body experiences hormonal changes that may bring along hot flushes, mood swings, attacks of sweating or sleeping disorders. In this phase of transition, the described menopause-treatment supports in a gentle manner.

Menopause causes enormous stress for lots of women as they may have to struggle with problems such as hot flushes, sweating attacks, irritability, sleeping disorders, weight gain or depressive moods. Here, Schüssler-Salts can bring relief, as they contribute, in a gentle way, to keeping the equilibrium of body and soul.

The following Schüssler-Salts are considered for the Menopause-Treatment:

- No. 1 Calcium fluoride 12X
- No. 3 Ferrum phosphate 12X
- No. 7 Magnesium phosphate 6X

At the start of the treatment dissolve 3 tablets of each mineral together in hot water and sip slowly.

This is followed by a 3-day intense treatment – take 1 tablet of No. 1, 3 and 7 six times each day (alternatively 2 tablets three times) – tablets should be dissolved in the mouth. Do not forget to drink a glass of water subsequently to allow the excretion of accruing toxins from the body.

After those three days reduce to 1 tablet of each mineral three times daily.

Treatment can be continued for three to six weeks.

In addition, No. 1 Calcium fluoride cream is recommended, best used at night before bedtime – gently apply cream to the sternum, both crooks of the arm and to the pulse area of both wrists. Another area where the cream is well absorbed are the insides of the thighs.

Furthermore, there are four acupressure points on the body which, in case of menopausal problems, are well stimulated with the application of the Schüssler-Cream:

- Elbows
- Base of the neck
- Metatarsus (midfoot)
- Ankle bone

Advice: For uncertain, serious health issues please seek medical advice immediately!

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

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CASE STUDY

50-year-old female. Presented with cyst in RHS bottom eyelid with granuloma on top of the cyst. The eyelid was very red and puffy. No pain. She was due to have it surgically removed in 8 weeks having been told that surgery was the only option.

Recommended biochemic remedies:

- No. 1 Calcium fluoride 12X
- No. 2 Calcium phosphate 6X
- No. 3 Ferrum phosphate 12X
- No. 4 Potassium chloride 6X
- No. 11 Silica 12X

✚ 2 tablets of each 3 times daily (tablets to be dissolved in the mouth).

After four weeks the granuloma had reduced to 1/2 its original size with no evidence of the cyst underneath it. Redness and puffiness around the eyelid have decreased substantially.

By week seven the granuloma and cyst had almost completely disappeared, and my client cancelled the surgery. We continued the prescription for a further 3 weeks at which time the eye had completely returned to normal.

No other therapy was used.

T. H. Biochemic Therapist

COOL BREATHING

Ever heard of "Sitkari"? Due to its cooling effect, yoga breathing is perfect for hot days.

And here is how it works:

- ❖ Sit upright.
- ❖ Touch your palate with the tip of your tongue.
- ❖ Open your lips slightly and breathe deeply through your teeth (hissing sound).
- ❖ Hold your breath for several seconds and breathe out through your nose again.



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