

Schüssler Express

#79



Hay fever

Hay fever sufferers can often only enjoy nature to a limited extent. Itchy, watery eyes and a runny nose are common symptoms of an allergic reaction. According to Dr. Schüssler, these are deficiency signs of individual functional remedies. The use of Schüssler-Salts and the purposeful administration of supplementary remedies for allergic reactions can strengthen the constitution (also alongside other therapies) and significantly alleviate the symptoms.

Important Schüssler-Salts for Hay fever

No. 2 Calcium phosphate 6X: Often the allergy is due to an overreaction against protein-containing substances (e.g. pollen, animal hair, food, especially milk, insect bites). No. 2 strengthens the physical substance and supports a healthy protein metabolism.

No. 8 Sodium chloride 6X: Typical symptoms of hay fever are tearing eyes and an aqueous discharge from the nose. No. 8 is the remedy of the mucous membranes and the fluid balance.

No. 24 Arsenum jodatum 6X: In acute situations, the additional intake of the supplementary remedy No. 24 arsenum jodatum 6X has proved successful. It is the remedy of 'equilibrium' and dampens excessive reactions.

Dosage: No. 2 and No. 8 daily 7 – 10 tablets, No. 24 daily 5 tablets; if discomfort is still experienced, the application is repeated or, depending on the symptoms, the corresponding remedy is taken every 5 to 15 minutes with one tablet.

Note: The mixture should be taken throughout the day. Tablets are either sucked or dissolved in water. The solution is held in the mouth for a moment to allow absorption of the mineral molecules. The mucous

membrane should be clear; therefore, it is recommended to take the minerals between meals.

Sometimes the Schüssler-Salts No. 2, 8, and 24 for hay fever is not sufficient. To relieve discomfort, **No. 13 Potassium arsenicosum 6X** can be used as an acute agent. Three tablets are sucked at short intervals. Tip: *A professional consultation will help to optimize the application.*

In addition, the Schüssler-Salts No. 7 Magnesium phosphate 6X, No. 3 Ferrum phosphate 12X and No. 4 Potassium chloride 6X are particularly recommended.

No. 7 Magnesium phosphate 6X: Energy – To stabilize the nervous system, No.7 is used. Stress, as has been scientifically proven, increases the disposition to allergies. For constitutional strengthening, the intake of Magnesium phosphate is recommended, as well as for the relief of itching. The biochemic cream or lotion No. 7 is available for external use.

No. 3 Ferrum phosphate 12X: Defense – Ferrum phosphate has proven beneficial in all inflammatory processes. In acute situations one tablet is sucked every five to 15 minutes. The use of the Schüssler-Salts can also be applied externally as a compress. For this purpose, tablets are dissolved in little water, a cloth is soaked in the solution and then placed on the affected skin areas.

No. 4 Potassium chloride 6X: Strong glands and mucous membranes - Soft swellings are a clear sign for Potassium chloride. As a result of the inflammatory processes, the mucous membrane swells and its cells form a tough mucus, which can also accumulate in the bronchi. Tough mucus is also an indication for No. 4. It is the biochemic remedy for the glands and their secretion. A timely use of No. 8 and No. 4 helps to stabilize the mucous membranes and their secretion.

Margit Müller-Frahling

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No. 18 Calcium sulfuratum Hahnemanni 6X (Calcium sulphide)

Calcium sulphide is recommended for all inflammations that are associated with ulceration, as it has an outwardly opening effect on the suppurative focus (6X potency); and in the 12X potency (*not available in every country*) it inhibits the ulceration and thus has a melting down effect (meaning, the pus is dissolved by the body, i.e. it is resorbed and evacuated!).

The supplementary biochemic remedy No. 18 Calcium sulphide supports the body with allergic diseases such as asthma and improves the growth of hair and nails.

Fields of Application

The following symptoms correspond to No. 18 Calcium sulphide 6X:

Melancholia, exhaustion, depression; prone to infections; purulent inflammations of skin and mucous membranes, chronic tonsillitis, chronic catarrh, chronic skin diseases; purulent, badly healing skin; skin cracks on hands and feet, oral herpes caused by cold; chronic and continuously recurring hives, excessive perspiration; sensitive and inflamed skin (often painful on touch), protracted bronchitis, bronchial asthma and hay fever; diarrhoea; acratia; Globus sensation (as of a lump in the throat)

Therapy-sponsored Treatment

Mercury- and heavy metal poisoning, diabetes mellitus, osteoporosis, vigorous, suffocating cough;

corneal ulcers of the eyes (also No. 1 Calcium fluoride); abscesses; cataract

Modalities

Aggravation of problems at the slightest draught and cold, dry wind. Improvement with lots of warmth. People who require this remedy often suffer from a great sensitivity to coldness.

Günther H. Heepen
German Association of Biochemistry

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