

Schüssler Express

#80



No. 9 SODIUM PHOSPHATE 6X– THE SALT FOR THE METABOLISM

Function in the Body:

Sodium phosphate is used for the upkeep of the acid-base-balance in the body and stimulates metabolism.

Occurrence in the Body:

Sodium phosphate is found almost everywhere in the body e.g., in the brain-, nerve- and muscle cells, in the red blood cells, the blood- and tissue fluid as well as in the connective tissue.

Tip: Especially in springtime No. 9 is employed in combination with No. 5 Potassium phosphate 6X and No. 10 Sodium sulphate 6X.

- Mornings: No. 10 Sodium sulphate
- Noon: No. 5 Potassium phosphate
- Night: No. 9 Sodium phosphate

Administration & Dosage:

Adults and adolescents over 12 years take 1 tablet of each one – 3 times a day. With improvement the frequency should be reduced.

Babies up to 1 year of age receive (after consultation with a doctor) not more than 1/3 of the adult dose.

Children up to 6 years receive ½ and children between 6 and 12 years 2/3 of the adult dose.

Please also read the package information leaflet.

Important: Tablets should be dissolved in the mouth. This allows direct absorption via the oral mucosa and sublingual tissue.

For babies and young children, it is recommended to dissolve tablets in a little water.

*Institute of Biochemic Medicine
(Asia - Pacific)*

SCHÜSSLER-SALTS AND -CREAMS FOR HERPES

Herpes is a viral infection which mostly occurs on the lips or in the genital area.

Schüssler-Salts are a fantastic alternative to conventional medications, as they not only combat the symptoms, but also the causes.

The following Tissue Salts have proven successful in herpes – (1-2 tablets of each 3 times per day):

- ❖ No. 4 Potassium chloride 6X
- ❖ No. 8 Sodium chloride 6X
- ❖ No. 21 Zinc chloride 6X
- ❖ No. 26 Selenium 6X

In addition to the tablets, cream No. 4 and 8 can be applied to the area/s.

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CRUNCHY MUESLI SELF-PREPARED

Many cereals contain lots of hidden sugar. A healthy granola is easily prepared, and to the individual taste.

300 g oatmeal, 100 g coconut milk or coconut flakes, 200 g minced nuts or kernels, 2 tsp cinnamon and 50 g coconut oil make approximately 600 g of cereal. For a slightly sweeter option, add 50 g of dried fruit.

Mix all ingredients, distribute on a baking sheet and place in the oven at 180°C to dry for about 30 minutes. Switch oven off and turn.

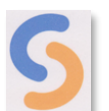
Enjoy!

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Memo...

Spicy Food and Stress cause Stomach Ulcers

False! Most stomach ulcers are caused by *Helicobacter pylori* (*H. pylori*), a type of bacteria, or the use of nonsteroidal anti-inflammatory drugs (NSAIDs) such as naproxen, ibuprofen, or aspirin. In the case of *H. pylori* infection, antibiotics can treat the infection. Ulcers caused by NSAIDs are healed by stopping the pain medication and taking antacids and medications that reduce stomach acid. It's a myth that spicy foods and stress cause ulcers, but it is true that they can worsen ulcer symptoms. Cancer may also cause similar signs and symptoms.

Once professionally diagnosed; there is also a mineral treatment – in the initial stages we use tissue salts No. 3 Ferrum phosphate 12X, No. 4 Potassium chloride 6X, No. 9 Sodium phosphate 6X and No. 10 Sodium sulphate 6X.

Further information is available by emailing biochemics@bigpond.com – in the subject line *Helicobacter Pylori*

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**Wishing you all a
Merry Christmas and a
Safe & Happy New Year**

PEACE, FAITH, LOVE & HOPE

It was a week before Christmas. Four candles were burning on the Advent wreath. It was incredibly quiet. So quiet that one was able to hear the candles suddenly speak...

The first candle sighed, 'My name is Peace. My light shines, but humankind does not keep peace.' Upon this its light became smaller and smaller until it went out.

The second candle was already flickering and said, 'My name is Faith. But I rather feel redundant because people no longer have faith.' A slight draft also extinguished this candle.

Sad and quiet the third candle spoke, 'My name is Love. But I no longer have strength because people only focus on themselves – put themselves in the heart of everything – and thereby forget their fellow human beings.' With a last flare this light also went out.

A child had entered the room and stepped close to the wreath, saw this, and said in an almost tearful voice, 'But you all should be burning and not go out!'

The fourth candle replied, 'Do not fear child! As long as I burn, we are able to bring the other candles back to shine. My name is Hope!'

The child took this candle and with its flame ignited the other candles again.

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