

Schüssler Express

81



PROTECT THE ORGANISM FROM INSIDE

Schüssler-Salts benefit Makeup and Regeneration

The body consists of 100 billion cells. Each hour one million new cells are formed. The cells in the intestinal mucosa completely renew themselves within 1 ½ days; the skin however requires five weeks. Thus, the organism is busy in keeping its smallest components operative so that these in turn are able to perform their tasks. This includes a successful resistance of the constant attacks by millions of pathogens or UV-radiation for instance.

Schüssler-Salts benefit Metabolism and Energy Reserves

Even Dr Wilhelm Heinrich Schüssler (1821 – 1898) knew that operative cells are the prerequisite for good health. He discovered that a troubled distribution of mineral salts in the body weakens cell function. Lots of diseases develop this way. Schüssler-Salts stimulate the cells to strengthen the metabolism and adjust the energy balance. Thereby the body functions return to normal. Structure, relaxation and regeneration in organs, tissues and, in the immune system benefit. Thus, the organism manages to remain healthy by one's own efforts. Because an efficient immune system best protects from diseases. Various courses of treatment with Schüssler-Salts may contribute.

Course of Treatment #1: Purification with No. 5 + 9 + 10

The purification course of treatment stimulates the breakdown of toxic substances and also supports healthy dieting. Schüssler-Salts No. 5 Potassium

phosphate 6X, No. 9 Sodium phosphate 6X and No. 10 Sodium sulphate 6X are taken in combination.

- Before breakfast: No. 5 Potassium phosphate
- Before lunch: No. 10 Sodium sulphate
- Before dinner: No. 9 Sodium phosphate

At the time indicated, dissolve 5 tablets of the respective mineral in ½ cup of hot water and sip slowly.

Duration of treatment is generally 4 weeks.

- ✓ Face new tasks with invigorated energy.

Course of Treatment #2: Fitness with No. 3 + 5 + 7

The fitness-cure mobilises energy reserves and stimulates the immune system. It can be used following the purification-cure for example. Minerals No. 3 Ferrum phosphate 12X, No. 5 Potassium phosphate 6X and No. 7 Magnesium phosphate 6X assist in facing stress, exhaustion, and nervousness.

- Morning: No. 5 Potassium phosphate
- Noon: No. 3 Ferrum phosphate
- Night: No. 7 Magnesium phosphate

Dissolve 5 tablets of the mineral in hot water and sip slowly.

The treatment should be followed for 3 weeks.

Tip: Dissolve 5 tablets of each mineral in a bottle of water and sip before – during – after a workout.

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Course of Treatment #3: Regeneration with No. 3 + 9 + 10

Following an eventful summer, the regeneration-cure allows the cells to re-establish their full function. The Schüssler-Salts improve oxygen absorption of the red blood cells, stimulate metabolic processes, and increase the expulsion of toxic substances. The following combination has proven beneficial – No. 3 Ferrum phosphate 12X, No. 9 Sodium phosphate 6X and No. 10 Sodium sulphate 6X.

- Morning: No. 10 Sodium sulphate
- Noon: No. 3 Ferrum phosphate
- Night: No. 9 Sodium phosphate

5 tablets of each mineral at the time indicated – dissolved in a little hot water and sipped slowly.

Duration of treatment – 4 weeks.

- ✓ Motivation increases and fatigue subsides.

Schüssler-Salts are well-tolerated

Schüssler-Salts are homeopathically prepared remedies; and in Germany are manufactured in accordance with Dr Schüssler's formulation and following the highest quality standards (GMP). They have a gentle effect without burdening the organism. They neither constrain the power of concentration nor the motivation. To the contrary, Schüssler-Salts assist the organism to recover from the "inside" and to handle the stresses and challenges from the "outside."

Schüssler-Salts strengthen organs and immune-system and thus protect the body from inside.

*German Association of Biochemistry
Günther H. Heepen*

SCHÜSSLER-SALTS FOR COUGHS AND SNEEZES

1st Stage of a Cold

- Sneezing, prickling in the nose, chill, throat feels rough – **No. 3 Ferrum phosphate 12X.**
- *For pain in the limbs, additionally: No. 10 Sodium sulphate 6X.*

2nd Stage of a Cold

- Rhinitis, cough, secretion is whitish grey – **No. 4 Potassium chloride 6X.**
- *Secretion is watery, additionally: No. 8 Sodium chloride 6X.*

3rd Stage of a Cold

- Secretions are yellowish, colds or common colds that do not abate – **No. 6 Potassium sulphate 6X**
- *For excretion, additionally: No. 10 Sodium sulphate 6X*

TISSUE SALTS: SUFFICIENT AND TIMELY ADMINISTRATION

A common mistake in the administration is the too low dosage.

As a prophylaxis take 5 tablets; **acute** situations require one tablet every 5 minutes. Tablets should be allowed to dissolve in the mouth, alternatively they can be dissolved in 0.2 l of water and sipped.

The water temperature is of no importance in this case. The more acute the situation the more important is the immediate and sufficient administration.

Advise your clients to keep a bottle of No. 3 Ferrum phosphate 12X handy at all times, e.g., at work, when travelling, etc. Because the sooner the tablets are taken the more successful the application.

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APPLICATIONS FROM A – Z

	Schüssler-Salts
Angina	3, 4, 9, 12
Bellyaches	3, 7
Blocked nose	4, 12
Chill	8
Chronic cold	6, (+10)
Common cold	3, 4, 8, 10
Cough	4
Dry cough	2, 8
Earache	3
Feeling miserable	5
Feeling sore	3
Fever (-38.5°C)	3
Glands (regulating)	4
Gum infection	3, 5, 8
Inflammation	3
Limb pain	10
Lymph (swellings)	9
Nausea	9
Pulse (rapid)	2
Secretion	
	- green 10
	- thick 12
	- watery 8
	- white 4
	- yellow 6
Sneezing	8
Stomach bug	3, 8, 10
Tracheal/nervous cough	2, 7
Wheals	3, 10

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