

Schüssler Express

#82



THE MOST VALUABLE TIME IS THE TIME FOR ME

Active Principle according to Dr Schüssler: THE GENTLE JOURNEY IS THE REWARD.

Based on their diversity Schüssler-Salts are able to respond to many health problems of the body. And this in a completely natural and holistic fashion.

Our body needs minerals, normally absorbed via nutrition, to ensure that we remain fit and healthy. However, sometimes the body is able to absorb the minerals, but is unable to optimally utilise them. The result: The mineral metabolism gets out of equilibrium.

According to Dr Schüssler's Mineral Therapy, Schüssler-Salts begin exactly at this point in order to bring the body back into balance. Tissue-Salts contain, the elementary mineral salts the body requires. **They give the cells stimuli and work like a door opener for a better absorption and utilisation of essential mineral substances.** This way the self-regulating forces and therefore health itself can actively be strengthened in a multitude of afflictions.

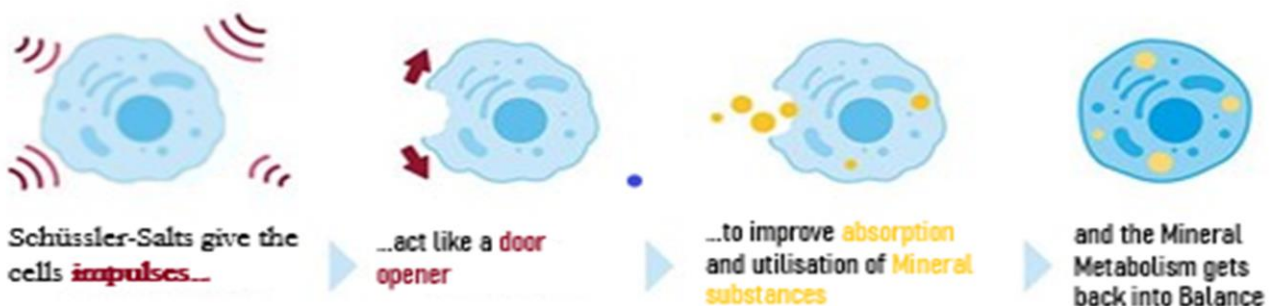
Schüssler-Salts are homoeopathically prepared remedies. The administration is followed exclusively based on the long-standing use in this therapy.

The most suitable Remedy for every Affliction

There are different Schüssler-Salts that, with their natural mode of action, in each case respond to the appropriate body regions. This allows the body to absorb the mineral substances that are required in order to function to an optimum.

In the following is a brief overview of the 12 Schüssler functional remedies.

Schüssler-Salts' Principle of Action according to Dr Schüssler's* Form of Therapy



*In the second half of the 19th century Dr Wilhelm Heinrich Schüssler (1821-1898) established the Mineral Therapy which he named "Biochemistrv".

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❖ No.1 Calcium fluoride 12X

The Salt for the Connective Tissue, the Joints and Skin.

Calcium fluoride is essential for the skin, tendons, ligaments, muscles, blood vessels and nails. It gives the connective tissue the necessary elasticity and firmness.

❖ No.2 Calcium phosphate 6X

The Salt for Bones and Teeth

Calcium phosphate is also regarded as the Bone-Salt among the Schüssler-Salts.

❖ No.3 Ferrum phosphate 12X

The Salt for the Immune System

Ferrum phosphate has a stake in the immune system and provides for a good oxygen uptake into the body.

❖ No.4 Potassium chloride 6X

The Salt for the Mucous Membranes

Potassium chloride occurs regulative in the mucous membranes of airways and urinary tract, gastrointestinal system, as well as joints.

❖ No.5 Potassium phosphate 6X

The Salt for the Nerves and Psyche

Potassium phosphate is regarded as the nutrient for the nerves. It acts a vital part in the preservation of the cellular membrane's resting potential.

❖ No.6 Potassium sulphate 6X

The Salt for Purification

Potassium sulphate supports the body in the breakdown and excretion of expendable ballast.

❖ No.7 Magnesium phosphate 6X

The Salt for Muscles and Nerves

Magnesium phosphate is involved in the muscle activity. It is vital for the transmission of nerve impulses. It also has a stake on natural sleep.

❖ No.8 Sodium chloride 6X

The Salt for the Fluid Balance

Sodium chloride is important for the fluid balance regulation in the body, the osmotic equilibrium as well as for the membrane stability of cells and tissues.

❖ No.9 Sodium phosphate 6X

The Salt for the Metabolism

Sodium phosphate is used to maintain the acid-base-balance in the body and stimulates the metabolism.

❖ No.10 Sodium sulphate 6X

The Salt for Inner Cleansing

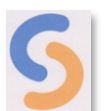
Sodium sulphate is regarded as the excretory remedy among the mineral salts. It occurs in the emunctories where it assists the body with the expulsion of excess fluid.

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❖ No.11 Silica 12X

The Salt for Hair, Skin, and the Connective Tissue

Silica is regarded as the mineral salt for beauty. It firms the connective tissue and is important for growth of skin, hair, and nails.

❖ No.12 Calcium sulphate 6X

The Salt for the Joints

Calcium sulphate is a natural component of the joints. It also occurs in the excretory organs.

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

Smoothie-Power sheds Pounds

A healthy way to slim with yummy smoothies. Why not try this low-calory green smoothie with avocado and parsley for the metabolism. It contains lots of vitamin C, healthy bitter compounds, and keeps you long sated.

Simply mix all ingredients in a blender and enjoy!

Ingredients:

- 1 kiwi, peeled
- 1 handful fresh mint
- 1 handful fresh spinach
- 1 handful fresh parsley
- 1 avocado, peeled and frozen
- 1 cup of water



The Clinical Science of Biochemic Therapy

Dr W.H. Schüssler

<Diploma>

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