

Schüssler Express

#84



SUCCESSFUL SLIMMING

How Schüssler-Salts may assist

Insufficient exercise, home-office, home-schooling... for lots of people the past months weigh heavily on the body and have exacerbated existing weight problems. Schüssler-Salts support healthy dieting.

Craving of fattening sweets, chips, etc. reduces. Metabolism and a healthy appetite are stimulated. The focus is the metabolic course of treatment with the Schüssler-Salts No. 4 Potassium chloride 6X, No. 8 Sodium chloride 6X, No. 9 Sodium phosphate 6X, and No. 10 Sodium sulphate 6X.

Find out how these minerals individually and in combination can be recommended successfully.

“Overweight” and “Dieting” are pivotal topics, and nutritional recommendations are as important as supportive measures.

Arguments in favour of Schüssler-Salts

Schüssler-Salts are a gentle assistance for the organs and support for nerves and energy balance. They get the metabolism going and ease food cravings.

Schüssler-Salts are free of side-effects and without contraindications. They can easily be combined with each other. External application of the biochemic creams and lotions additionally vitalises skin and connective tissue.

- **Goal:** Turbo for the metabolism, Stimulation of the emunctories
- **Administration for:** Weight reduction, drainage- and detoxification measures, sluggish metabolism, add-on with long-running medication intake

Schüssler-Salts	Impact	Recommended tablets/day
No. 4 Potassium chloride 6X	sequesters chemical toxins and stimulates glands	5 – 7
No. 8 Sodium chloride 6X	regulates the fluid balance, stabilises the acid-base balance, detoxifies	5 – 7
No. 9 Sodium phosphate 6X	breaks down excess acids, supports fat metabolism	5 – 7
No. 10 Sodium sulphate 6X	excretion of excess fluid and metabolic toxins, stimulates bile flow, assists detoxification	5 – 7

Tablets are mixed and taken during the day – either dissolved in the mouth or in water and sipped throughout the day

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- **Add-on (examples):** Medicaments for rheumatic disorders, chemotherapeutics;
No. 4: protein-based food supplement
No. 9: saturation capsules, 'fat-burner', fat- and carbohydrate blockers, anorectics, cholesterol reducers
No. 8 and No. 10: diuretics, dieting teas



TIP FOR SOME EFFECTIVE ADD-ON-ADVICE

Strengthen the Immune System! Initial Spark with No. 3

No. 3 Ferrum phosphate 12X is ideal for all who initially want to start with only one mineral. It strengthens the immune system and activates the metabolism. It is the general remedy for inflammations.

Stabilising the Psyche! Stress Reduction with No. 7

No. 7 Magnesium phosphate 6X is recommended for all those who are under severe nervous strain. It supports relaxation and strengthens the nervous system.

Ideal for everyone – from child to adult – is the external extensive application of the biochemic lotion No. 7. Apart from the biochemic effect it also gives an additional 'effect of well-being'.

Dosage and duration of treatment: Two tablets three times daily for an initial duration of 3 months – treatment can be continued. If required other minerals can be added.

Please consult with your therapist.

*Institute of Biochemic Medicine
(Asia – Pacific)*

DID YOU KNOW

Amlodipine – (Amlodipine is in a class of medications called 'Calcium Channel Blockers'. It lowers blood pressure by relaxing the blood vessels.)

Do not **eat** or **drink** lots of grapefruit or grapefruit juice while you're on this medicine. Grapefruit can increase the concentration of **amlodipine** in your body and worsen side-effects.

Things to avoid if you're on Blood Thinners

- ❖ Leafy greens – leafy greens like kale, spinach, Brussels sprouts and lettuce contain high amounts of vitamin K
- ❖ Green tea – like leafy greens, green tea contains vitamin K and drinking it while on Warfarin or Coumadin **can** have the same effect on the blood's ability to clot.
- ❖ Cranberry Juice
- ❖ Grapefruit
- ❖ Alcohol

"If I could live my life over again, I would devote it to proving that germs seek their natural habitat – diseased tissue – rather than being the cause of the diseased tissue, e.g., mosquitoes seek the stagnant water, but do not cause the pool to become stagnant."

*Rudolph Virchow
(Father of Cellular Pathology)*

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