

# Schüssler Express

#85



## 200 YEARS DR. SCHÜSSLER

### THE DOCTOR FROM OLDENBURG (GERMANY) DISCOVERS THE CONCEPT OF THE CELL

Schüssler's Theories confirmed by Medicine / Dysfunction of the Humoral Balance causes Disease

*The causes for the development of diseases are versatile – however for Dr Schüssler there was only one reason: **A Metabolic Dysfunction of the Cell** which has arisen from disease-causing irritants. By treating the sick cell with homogenous, thus similar substances, healing is achieved. This unique principle was discovered by Dr Wilhelm Heinrich Schüssler – today we call it the **Concept of the Cell**.*

The theory of humoral balance dysfunctions, which cause disease, was not unusual in medicine in the past. And parallels to Schüssler's thoughts already existed in medieval medicine. It was referred to as imbalance of the body's fluids (= dyscrasia) and was thought of as a disorder in the internal milieu. An imbalance causes illness. Methods that brought back the equilibrium were bloodletting, cupping, artificially induced vomiting, and diarrhoea. Obviously, some procedures were exaggerated to such an extent that they came under criticism and thus also the medieval humoral doctrine.

#### **Mineral Substances are the most vital Nutrients**

Only much later, after Dr Schüssler's death, science discovered the real significance of the elemental fluids of the body; and it concluded that mineral substances

are the most important nutrients to keep our humours in a state of balance. There was talk of the physiological saline solution (0.9 % sodium chloride solution) without which no vital processes can take place. Blood, saliva, lymph, bile, pancreatic juice, and the various Phlegm's are all weak saline solutions.

According to science, the concentration of the salts in a solution has another quality: The preservation of an electricity resting potential of 85 millivolt in the body. Without that nerve- and muscle function would not be possible. Any disorders disrupt the transport of vital mineral-ions and therefore also the normal physiological processes in the cell, muscles and nerves.

#### **Morbid Stimuli as the Perpetrator**

Injuries, infections, stress, or other stimuli can sensitively disturb the action- and resting potential. The result: Lots of processes can no longer proceed adequately and illnesses develop.

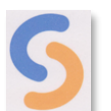
Over 130 years ago, and thereby a long time before these connections were discovered in medicine, Dr Schüssler detected this, namely that morbid stimuli (e.g. infections, injuries, stress) tip the delicate mineral balance of the somatic cells. He wrote:

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***“When a pathogenic stimulus touches a cell, the cell’s function initially strengthens because it strives to repel the stimulus. If, as a result of this activity, the cell loses its mineral functional remedies, it is pathogenically mutated.”***

In saying this Schüssler meant that only a morbid influence, such as an injury for instance, causes a dysfunction of the mineral balance. This dysfunction has to be remedied with equal substances (Schüssler-Salts) if the organism is unable to correct the disorder with its own healing efforts. Thus, if the cell function is disturbed by a stimulus, functional abnormalities of organs (stomach, intestine, heart) and tissues (skin, mucous membrane, blood vessels, muscles, bones) are the result.

## **Schüssler-Salts control dysfunctional Mineral Balance**

For example, the intestine malfunctions, the patient experiences constipation, or the stomach produces excessive hydrochloric acid and affects the mucous membrane. According to Dr Schüssler this dysfunction has to be corrected immediately and exactly there where it occurred – e.g. the cells of the gastric- or intestinal mucous membrane. Here the mucosa-typical tissue salts **No. 3 Ferrum phosphate 12X** and **No. 4 Potassium chloride 6X** should be applied.

At the same time it is important to avoid stressful influences on organs. Thus Schüssler-Salts correct disturbed functions and rectify a situation. The natural healing desire gets supported, not blocked, or prevented. Schüssler writes that therapeutic assistance is only necessary if self-healing stagnates. Minerals in molecular form (potentised salts) help activate healing processes.

## **Impulse for his new Therapy from a Dutchman**

Dr Schüssler discovered the mineral substances when looking for a (for him) plausible therapy. In this process he came across the works of the Dutch scientist professor Jacob Moleschott (1822 – 1893). He was particularly fascinated by the phrase, *‘The substances that remain after incineration, the so-called ash constituents, belong to the internal composition and therefore to the formative and species-induced foundation of the tissues. Without a glue-giving basis there is no real bone, just as little a real bone without bone earth, a cartilage without cartilage salt; or blood without iron, saliva without potassium chloride.’* According to Schüssler, this statement was the trigger for the foundation of his biochemic therapy. He further writes that in his healing method only eleven remedies are applied, namely those that are homogenous to the inorganic substances contained in blood and tissue.

## **Dr Schüssler – Founder of Mineral Therapy**

Dr Schüssler, the first person who developed an effective and logical therapy from the knowledge about the mineral substances, discovered that minerals are immediately effective in the cell and thus eradicate malfunctions.

Interesting to note that science confirmed Schüssler’s theory on the example of cardiac arrhythmias in 2004. Due to a blockade caused by stress the potassium-ions cannot be absorbed by the myocardial cells – resulting in cardiac arrhythmias. According to Schüssler this malfunction is attributable to a pathogenic stimulus – in this case stress. Patients suffering from cardiac arrhythmias, Dr Schüssler treated with **No. 5 Potassium phosphate 6X**, a gentle way to burst through the cell blockade. The

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arrhythmias subsided, not because of suppression, but due to the regulation of the potassium balance in the cell.

Only since the publication in the science magazine (Bild der Wissenschaft, 1/2005) do we know that blockings on the ion channels bring the cell exchange to a standstill. Schüssler's thesis regarding the pathogenic stimulus and the prescription of No. 5 for arrhythmia was a brilliant achievement both then and from today's point of view.

## Therapy with endogenous Substances

All Schüssler-Salts exist naturally in our body. Therapeutically they are taken in the potencies 6X and 12X (trituated according to the homoeopathic principle). Schüssler already realised that, in order to be effective in the smallest unite of life – the human cell, they have to be diluted and trituated. To achieve this, he used the homoeopathic method of potentisation. From university research results he knew that minerals only occurred in small amounts in the human body. And so he decided that a mineral therapy also works with small doses. He suspected that this statement would rouse his critics, and he clarified with the following explanation:

***“Those who hear talk of small doses usually think of homoeopathy straight away. However, my healing method is not homoeopathic, as it is not based on the law of Similars but on the physiological-chemical processes that occur in the human organism. With my healing method dysfunctions, that have developed in the molecular movement of inorganic substance of the human organism, are immediately balanced with the help of homogenous substances; whereas homoeopathy indirectly achieves its medicinal***

***purposes with the help of heterogenic substances.”***

***“Biochemic medicine provides the curative endeavour of nature with the same, at the respective locations deficient natural remedies: the inorganic salts. Biochemistry aims at the correction of the anomalous physiological chemistry.”***

## Schüssler-Salts boost Mineral Absorption from Foods

Dr Bock, a contemporary of Dr Schüssler, described the fact that a dose of homoeopathically prepared minerals can intensify absorption of the same minerals from foods; in regard to Calcium phosphate: ‘The infinitesimal doses of calcium, homoeopathy recommends for children, do not correspond to their quantity in regard to the deficiency quota, but they stimulate the organism's natural activity to absorb the calcium from calciferous foods, which it requires.’

## Unique Achievement

It is amazing that Dr Schüssler discovered those connections at a time when the exact function of minerals was speculated everywhere. This unique research achievement of a general practitioner is highly commendable. However, it is sad that the scientific mineral medicine does not mention Schüssler's discovery with one syllable, let alone acknowledges at all. All the more delightful is the fact that Schüssler's Mineral Therapy enjoys a unique worldwide reputation in natural medicine.

Not so long ago one of the great naturopaths Natale Ferronato (Switzerland), founder of pathophysiologicals, remarked on Dr Schüssler: ‘The most important therapy in my practice are the

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*Schüssler-Salts which I use on all my patients – I have experienced extraordinary results.* Natale Ferronato has treated patients worldwide and even at the age of 95 he still treats patients from time to time. In an interview he honoured Dr Schüssler and called him 'a great genius'.

## Magnesium – Seldom a Deficiency

New research results, published in July 2020 on the web 'DocCheck', reports that Magnesium often helps people suffering from calf cramps. Sports physician Dr med Michael Fritz (Germany) writes that no one with cramps or other magnesium deficiency symptoms has a lack of magnesium in the blood, therefore the magnesium level is almost always in the normal range. Nevertheless, the intake of magnesium helped. This finding confirms Schüssler's theory namely that sufficient minerals can be available in the body, but the distribution, circulation, or the cell absorption of a mineral is disrupted, nevertheless. In their potentised form Schüssler-Salts have a balancing effect on the mineral metabolism, supply the muscle cells with magnesium for instance and remove the affliction – in this case calf cramps or other problems.

German Association of Biochemistry  
Günther H. Heepen



*Dr med Wilhelm Heinrich Schüssler was born on August 21, 1821 in Bad Zwischenahn (near Oldenburg) Germany, as a son of a tax collector.*

*At school, the young and gifted Schüssler already attracted attention with his talent for languages. Up to the age of 31 he worked as a town clerk for the city of Oldenburg.*

*At the age of 32 he decided to study medicine and commenced his studies in Paris in 1853. Later he changed to the university in Berlin and obtained his doctorate in Giessen/Germany.*

*Five years later he was granted admission as a doctor by the Grand Ducal government in Oldenburg where he opened his first practice as a doctor, surgeon, and midwife.*

*Soon his interest turned to homoeopathy with which he treated his patients very successfully up to the beginning of the 1870s.*

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