

# Schüssler Express

#87



## NERVES (SCHUESSLER)

The nervous system of the human body is the most overly complex, most delicately balanced, most finely adjusted mechanism known. And the problem of a healthy nervous system is the most compelling of all health problems, as the condition of the entire body is largely dependent upon it.

The grey matter of the brain cells, as well as the cells of the motor- and sensory nerves throughout the body contain the inorganic cell salt Potassium Phosphate (Kali Phos) combined with albumen and oxygen. The cells of the white fibres found in the sheath or neurolemma (*Sheath of Schwann*) surrounding the motor- and sensory nerves contain the inorganic cell salt Magnesium Phosphate (Mag Phos), which has united with albumen and oxygen. Other substances enter into the composition of the nerve cells, but the basic elements are those mentioned above.

When too severe a strain is put upon the nervous system in any way, e.g. overwork, worry, extreme mental or physical shock, and similar departures from the normal demand, cell metabolism is increased, and a greater amount of the inorganic cell salts, Magnesium Phosphate or Potassium Phosphate, as the case may be, is required. Frequently, the supply of these salts available in the blood is not sufficient. Thereupon the various forms of nervous disorders, Neurasthenia, Neuritis, Neuralgia, Anxiety, Stress (and the many associated illnesses broadly gathered under this title) are the result.

To overcome these disorders, and restore the nervous system once more to normal, it is necessary to furnish the organism with a fresh supply of the

lacking inorganic cell salts which will unite with organic matter to form the new nerve cells so imperatively required.

There are two other potassium salts in the body besides Kali Phos, namely Potassium Chloride (Kali Mur) and Potassium Sulphate (Kali Sulph). When from continuous strain on the mental processes the lack of Kali Phos becomes very great or is maintained for a long period the grey matter cells must draw upon one of the other potassium salts to supply the deficiency. In this way a deficiency is caused in the potassium salts drawn upon, so that disease may result in some other part of the body.

Modern lifestyle, especially in cities, is exceedingly wearing on the nerves. The noises, the excitement, the pace of life, the competition, the lack of regular hours and sufficient sleep are enough in themselves to cause a nervous strain. And when hard study, worry, anxiety and similar mental exertions accompany them, the tax on the nerve-cells is apt to become too great to bear. It is for this reason that the number of people suffering from nervous disorders has so greatly increased in the last few decades!

It is for this reason, too, that the patient, suffering from nervous disorders, should have complete rest and quiet, should be free from worry and harassing mental exercise, should have plenty of sleep and fresh air, and, if possible, a complete change of scene. In a word, he or she should be removed from the environment that has caused too great a strain on their nervous resources. Then, by supplying the deficient cell salt/s in the form of the indicated Biochemic

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The Institute of Biochemic Medicine (Asia Pacific) is a branch of the German Association of Biochemistry, founded at Oldenburg (Germany) in 1885

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Remedies at regular and frequent intervals, the nervous system will be able to build itself up again to normal condition.

It will be found advisable to continue the use of Kali Phos for a considerable time after a cure has been affected, in order that a relapse is averted. In fact, to a person labouring under constant mental strain, the consistent daily use of this remedy will be of great value in keeping the nervous system in order.

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

## Did you know?

**Xylitol** is found in small amounts in many fruits and vegetables and is therefore considered natural.

Humans even produce small amounts through normal metabolism.

Xylitol has similar sweetness as regular sugar but contains 40% less calories.

Xylitol can be processed from trees like birch – it can also be made through an industrial process that transforms plant fibre called Xylan into Xylitol.

Xylitol has an exceptionally low Glycaemic Index (GI) and does not spike blood sugar or insulin.

The Xylitol glycaemic index is only 7 compared to regular sugar which has a GI of between 60 – 70.

Xylitol contains NO fructose and has negligible effects on blood sugar and insulin, therefore, none of the harmful effects of sugar apply.

Xylitol starves the bad bacteria in the mouth and has major benefits for dental health, and prevention of tooth decay.

Oral bacteria feed on glucose from food, but they cannot use Xylitol. Replacing sugar with Xylitol therefore reduces the available fuel from the harmful bacteria. But the effects of Xylitol go beyond that...even though the bad bacteria cannot use Xylitol for fuel they can still ingest it. However, when the

bacteria are full of Xylitol, they are unable to take up glucose, so essentially their energy producing pathways become “blocked” and they end up dying.

### Xylitol dental benefits

- ✓ Increases absorption of calcium in the digestive system, which is good for your teeth and may also provide other protections against osteoporosis, for example.
- ✓ Increases the production of saliva. Saliva contains calcium and phosphate which are “picked” up by the teeth and aid in their remineralization.
- ✓ Reduces the acidity of saliva which helps to fight acid-driven degradation of tooth enamel.

Numerous studies have shown that Xylitol, either by replacing sugar or adding to the diet can reduce cavities and tooth decay by as much as 30 – 85 %.

Because inflammation is at the root of many chronic diseases, it makes sense that reducing plaque and gum inflammation could have benefits for the rest of your body as well.

Xylitol is a major ingredient, in the unique toothpaste “MinOral”, imported from Germany and available from Ultra-Therapeutics

[info@ultratherapeutics.com.au](mailto:info@ultratherapeutics.com.au)

- Without Menthol & Co
- With valuable Minerals
- With Xylitol for prevention of caries
- Suitable for the whole family
- With fresh Citrus taste
- Free of Lactose & Gluten
- Free of Silicone, Paraffin and Mineral oils
- Free of Synthetic scents, Colourants and Preservatives



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