

Schüssler Express

#88



BYE, BYE WINTER – HELLO SPRING

THIS IS HOW THE SKIN GETS ITS FRESHNESS- AND HEALTH-KICK

Who doesn't desire beautiful, smooth, and radiant skin? However, the reality often looks different particularly after winter: Redness and rough patches may afflict, the skin can be tight and inflamed. Dry air, temperature changes from cold and heated rooms have afflicted our largest organ. Mineral salts according to Dr Schüssler assist to equalise problems and bring the skin metabolism into balance.

The desire for beautiful and healthy skin is timeless. But its condition depends on a series of internal and external factors that change quite often. Thus, besides hormonal fluctuations and diet, the allotted time for sleep and exercise for instance also influence our skin texture. And of course, stress and emotional distress reflect in the skin. ***'Like a sensor does the skin sensitively show if it feels well or not.'***

Skin Functions

The more than two square metres large, sensitive system connects us with the environment and at the same time shields us from it. With more than 100 billion cells the skin fulfils vital tasks: For instance, it regulates the body temperature by sweating, has an essential barrier function and helps in the excretion of metabolic slags. ***'The epidermal cells store up to 30 per cent fat and at least the same amount of moisture.'*** In the colder season the hydrolipid film of the skin is often affected – due to low circulation, the body evaporates more water as normal, and the skin gets dryer. This results in taut, scaly, and itchy skin.

What stresses the Skin

As at a temperature below 8°C the blood vessels constrict the skin no longer gets sufficiently supplied with blood, and the supply with oxygen and nutrients also deteriorates. ***'Another factor in some countries is the lack of light – little day light slackens the vitamin D production.'*** Thus, the calcium-phosphate-turnover, so very important for the skin metabolism, reduces.

How Schüssler-Salts assist

So that the skin can repair its protective film, in order to better cope with environmental influences and be springtime fit, three Schüssler-Salts can assist. Brittle hair and nails will also benefit. Schüssler-Salts stimulate the cells with fine impulses, so that they are able to optimally absorb and utilise the mineral salts. This way the organism's homeostasis is activated, and the cell metabolism can get back into balance.

No. 1 Calcium fluoride 12X

As the "Hardener and Softener", Schüssler-Salt No. 1 is a vital assistant for the balanced stability in the skin tissue. ***'It nourished the stabilising fibres of the skin structure. The natural mineral salt is important for the moisture balance, benefits elasticity and strengthens the subcutaneous tissue.'***

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No. 8 Sodium chloride 6X

When the skin feels tight or reacts sensitive – especially during the change of season, Schüssler-Salt No. 8 is recommended. It has a balancing effect where moisture is lacking – and this the main problem in winter-stressed skin. This mineral salt regulates the fluid balance of the skin and mucous membranes and thus plays a part in equalising damages such as rough skin, dry eczema, crinkles, or oedemas, and is also ideal in form of cream to be applied to dry and itchy legs. By the way, the No. 8 cream has also proven successful for cold sores. Simply dab on gently several times a day or apply to the lips overnight.

No. 11 Silica 12X

Silica is an important structural salt and the mineral for beauty. It is also known as silicic acid and is one of the most essential components for the collagen formation. Silica contributes to the strengthening of the subcutis and epidermis and supports the growth of hair and nails. As Silica stabilises the connective tissue the mineral salt No. 11 is also a tip in cellulite. It is the 'beauty mineral' and gives skin and hair a fresh sheen. Badly healing skin injuries will benefit from silica, as it stimulates the regeneration process. Tip for nail care: Mix No. 1 and No. 11 creams and apply around the nailbed.

Skin-Treatment for Springtime

All three mineral salts are ideal for a skin-springtime-cure. For four to six weeks** take 2 tablets of No. 1 Calcium fluoride 12X in the morning, 2 tablets of No. 8 Sodium chloride 6X at noon and 2 tablets of No. 11 Silica 12X at night – the tablets are dissolved in the mouth. ****Because "Flaky skin" can last for up to 4 weeks', this amount of time is required for results to be noticeable.'* For skin- and body care the skin can be supported by using lotions No. 1 and No. 11 externally. Men with sensitive skin also benefit from the cream No. 11 – it is ideal for razor burn. The creams/lotions are unperfumed and don't lie on the skin for long.



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(Asia – Pacific)*

Did you know....

Dr Schüssler was adamant that the mineral **Magnesium** be attached to a **Phosphate** molecule.

Today we know that using other than Magnesium phosphate is less advantageous because these have to be converted into phosphates and chlorides in the body anyway.

We may use Magnesium as oxide, or carbonate, but then we need to produce additional hydrochloric acid in order to absorb them. Many ageing people, especially with chronic diseases, who desperately need more magnesium cannot produce sufficient hydrochloric acid and thus cannot absorb the oxide or carbonate. Epsom salt is magnesium sulphate. It is soluble but not well absorbed – is more expensive and lacks the beneficial contribution of phosphate IONS. Orotates are good but again very expensive, for the amount of magnesium they provide, and again orotates and chelates lack the potential of the phosphate IONS.

Every reason to follow Dr Schüssler and use No. 7 Magnesium phosphate 6X.

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