

# Schüssler Express

#89



## MIND & NERVES

As the saying goes: **KEEP CALM AND COLLECTED**

### MY HEAD IS CLEAR – SO AM I

#### Communication between Body and Soul

Good nerves and a robust psyche support our emotional balance and help to cope with numerous challenges. The central and peripheral nervous system connects physical and mental processes. Information is recorded in the nervous system, processed, and forwarded. Thus, it controls – consciously and unconsciously – body functions and our reactions to irritants. It does not only serve as a switch board but provides the basis for our thoughts, feelings, and ideas.

#### Expression of Personality

Our mind is defined as the place of human feeling and thought. It unites the intellectual attributes and personality traits of a person. Psychological problems can often show in physical complaints. Because, when the soul suffers, the body suffers too. What we think about and how we feel influences the physical health.

#### Indicator of the Mental State

The nervous system controls the vital processes in the body. It traverses the entire body. With the interaction of the sensory cells and nerves we are able to align in our environment and adjust to changes. The location of the neural pathways differentiates between a central and peripheral nervous system.

- The central nervous system comprises nerve tracts in the brain and spinal cord. It is located, securely embedded, in the skull and the vertebral canal in the spine.
- All other neural pathways of the body are part of the peripheral nervous system.

Independently of the location one refers to a voluntary and involuntary nervous system.

- The voluntary-, or somatic nervous system controls all processes we are conscious of and that can be deliberately influenced. This includes movements of arms, legs, and other body parts for example.
- The vegetative-, or autonomic nervous system regulates those bodily processes that we cannot control willingly. It is permanently active and for instance regulates breathing, heartbeat and metabolism.

#### Balance for more Resilience

Those who feel constantly under pressure will at some point reach the boundaries of their physical and nervous resilience. Inner unrest, tension, lack of motivation and sleeping disorders can be signs of permanent stress. Before the spiral from exhaustion and fatigue moves further down, it is important to find the causes and take measures for regeneration. Plenty of healthy foods are suitable as natural nerve food and morale booster. Exercise, relaxation, and sufficient sleep benefit the inner balance.

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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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## Energy-Course of Treatment #3+5+7

The energy course of treatment with the minerals No. 3, 5 and 7 according to Dr Schüssler contains phosphates that are vital for our organism for the energy control.

Combine Schüssler-Salts No.3+5+7 in form of tablets, drops or globules.

- **No. 3 Ferrum phosphate 12X** – The Salt of the Immune System
- **No. 5 Potassium phosphate 6X** – The Salt of Nerves and Mind
- **No. 7 Magnesium phosphate 6X** – The Salt of Muscles and Nerves

### Application

- **Mornings:** No. 5 Kali phos 6X
- **Noon:** No. 3 Ferr phos 12X
- **Night:** No. 7 Mag phos 6X

### Dosage

Take 2 tablets (or 10 drops/globules) of the respective mineral at the time indicated and dissolve in the mouth (drops can be taken directly to the mouth or dissolved in a little water).

### Duration

Follow this regime for 4 – 6 weeks. Can be repeated at any time.



Iron (Ferrum) is found in all human cells, mainly in the muscle cells and it is a vital component of the haemoglobin. **Ferrum phosphate** has a share in the immune system and caters for a good oxygen uptake in the body.

**Potassium (Kalium) phosphate** is the most important inorganic salt of the cells and particularly vital for the brain-, nerve-, and muscle cells. It is regarded as a nutrient for the nerves and plays an important part in the maintenance of the cellular membrane resting potential. Potassium phosphate secures the energy provision and guarantees the transmission of nerve impulses.

**Magnesium phosphate** is found in the nerve- and muscle cells, the brain and in the spinal cord as well as in a large number of internal organs. It is involved in the muscle activity, essential for the transmission of nerve impulses, and thus also a share in natural sleep.

### Reminder

There are two other potassium salts in the body besides Potassium Phosphate, namely Potassium Chloride (Kali Mur) and Potassium Sulphate (Kali Sulphate). When from continuous strain on the mental processes the lack of Kali Phos becomes extreme or is such 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.

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