

Schüssler Express

#90



SCHÜSSLER-SALTS FOR WOMEN

EVERYTHING IN A HEALTHY PROGRESS

Women are different – men too! However, for a long time it wasn't clear how much the two sexes differ. Recently, it was ascertained how vast the gap of susceptibility for certain diseases is, and the decisive role of the immune system or hormones. However, it has been evident for a while that, methods of treatment which stimulate self-healing and self-regulation are beneficial in many women's disorders. Schüssler-Salts are ideal assistants in several health issues.

The difference are two letters. Whereas each female cell has two X-chromosomes, the male cells are equipped with one X- and one Y-chromosome. Now, science increasingly realises how important it is to consider the sex in a treatment. Because various diseases – by no means only gynaecological ones – women show different symptoms than men. They require a different medication and more often suffer from certain additional afflictions.

Many typically female health problems respond very well to natural therapies and holistic remedies such as Schüssler-Salts. The minerals according to Dr Schüssler have a quick and long-term effect, as they assist to trigger off regulative processes in cells and organs. Schüssler-Salts collaborate well with conventional medicine, as they trigger gentle impulses which again stimulate the organism's self-regulation. The salts act as a door opener, so that the cells are able to optimally absorb and utilise the mineral substances.

Joint Pain: Often a Woman's Thing

Lots of people suffer from osteoarthritis, women are affected more often. Joint pain more often occurs especially during menopause, which among others is due to the fact that the Hyaluronic acid, also known as "hyaluronan" production and collagen synthesis slowly reduce from the age of 40. Both play a vital part for healthy joints: They nurture the formation of synovia and protect from inflammations. A beneficial combination for the joints, are the salts **No. 1 Calcium fluoride 12X**, **No. 8 Sodium chloride 6X** and **No. 11 Silica 12X**. As a course of treatment for at least twelve weeks, these salts have a stabilising function for the musculoskeletal system and support the formation of synovia.

Recommended administration and dosage:

- Before breakfast: No. 1 Calcium fluoride 12X
- Before lunch: No. 8 Sodium chloride 6X
- Before dinner: No. 11 Silica 12X

Dissolve 2 tablets of the respective salt in the mouth at the times indicated.

Sadly Ladylike: Venous Stasis

Venous disorders are often due to a connective tissue weakness. Besides a genetic disposition and unfavourable lifestyle, female hormones can also be a cause. Women suffer from connective tissue weakness more often than men, as their connective tissue, hormonally induced, constitutes differently. This

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becomes apparent particular during pregnancy or menopause. Salts **No. 1 Calcium fluoride 12X** and **No. 11 Silica 12X** strengthen the connective tissue – in addition, creams/lotions can be applied externally. They are also beneficial for spider veins (additionally **cream No. 3 Ferrum phosphate**) or varicose veins (medically clarified). For varicose veins **No. 4 Potassium chloride 6X** is also recommended. This salt is also referred to as the aspirin of biochemistry and assists to improve the flowability of the blood.

Unpleasant Pressure: Oedema

In case of a tendency to oedemas, the kidney function also needs to be stimulated besides the connective tissue. To shed the unpleasant pressure for instance in the legs, Schüssler-Salt **No. 10 Sodium sulphate 6X** has proven successful. It is the excretory remedy amongst the cell salts and acts like a lymph draining from inside. It helps the body to excrete excess fluids.

Furthermore, a stroke-massage of the legs is also helpful: Dispense some No. 10 cream in the hands and streak the legs from bottom towards the body.

Disturbed Sleep

Everyone knows of phases when one has difficulties of falling asleep or sleeping through. In phases of hormonal change such as puberty, pregnancy or menopause, psycho-hormonal sleeping problems can increasingly occur. The “**Hot Seven**” brings inner calmness: Dissolve then tablets of **No. 7 Magnesium phosphate 6X** in a cup of hot water and sip slowly. This stimulates the organism to absorb and utilise the relaxing magnesium. Advice for particularly severe restlessness: Dissolve 5 tablets of each **No. 7** and **No. 11 Silica 12X** together in a cup of hot water and take

as a night cap. This combination has a stabilising effect on the nerves and helps to straighten out the mind.

Headaches – A Classic ‘Women’s Disorder’

Women are affected by tension headaches and migraines more often than men. The hormonal changes in women are regarded as vital triggers. Schüssler-Salts have proven successful to quickly bring the organism back into balance. The most effective biochemic remedy for headaches is **No. 7 Magnesium phosphate 6X**, as it controls nerve impulses and has an anticonvulsive effect.

For **acute pain** take two to three tablets (dissolved in the mouth) every 15 minutes or drink a “Hot Seven” several times a day; additionally massage the neck with cream No. 7.

When the headaches are associated with **exhaustion** and fatigue, tissue salt **No. 5 Potassium phosphate 6X** is a good alternative. It is the main remedy for the nervous system and essential in all physical, mental, and emotional states of exhaustion. Potassium phosphate has a stabilising effect on the nerves and energy metabolism.

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SCHÜSSLER-SALTS AND VACCINATIONS

Schüssler-Salts are a gentle and side-effect free, accompanying treatment in the distribution of a vaccine. "They support the body not only to form a necessary shield with the injected vaccine serums, but at the same time they also assist in preserving the function of the cells".

For the pre- and post-treatment of vaccination – if not otherwise instructed – dissolve the chosen Schüssler-Salt in a little water and slowly sip the solution; alternatively, tablets may be dissolved in the mouth. Adults take five tablets per salt per day, for children 2 tablets per salt and day is sufficient.

However, do not mix the salts, instead take each mineral separately.

In Preparation of Vaccination

As soon as the vaccination date (first and second vaccination) is set start with a Schüssler-Salts course of treatment – ideally seven days prior to the first injection.

In the **morning** dissolve 5 tablets of **No. 3 Ferrum phosphate 12X** in a little hot water and sip slowly. During the **afternoon** take 5 tablets of **No. 4 Potassium chloride 6X** – administer in the same manner, and at **night** 5 tablets of **No. 11 Silica 12X**.

Alternatively, the respective tablets can be dissolved in the mouth.

Dr Schüssler already recommended Potassium chloride in relation to vaccinations. This is still relevant today.

Post Vaccination

On the day of vaccination (first and second vaccination) and the time after, take 2 tablets of each salt (dissolved in the mouth) in the following manner:

No. 3 Ferrum Phosphate 12X - 2 tablets before each meal, followed by 2 tablets of **No. 4 Potassium Chloride 6X**. After each meal take **No. 8 Sodium chloride 6X** – 2 tablets, and at night before sleep 2 tablets of **No. 10 Sodium sulphate 6X**.

Follow this protocol for at least two weeks.

For Vaccination Reactions

Frequently occurring side-effects like fever or flu-like symptoms, aching limbs, headaches, dry cough, and loss of taste are also assisted with the above recommended remedies and should therefore not develop at all.

However, any side-effects experienced should be reported to your General Practitioner as soon as possible.

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