

Schüssler Express

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NATURAL FOR SUMMER

REGAIN STRENGTH – REFUEL ENERGY – BUILD UP RESERVES

The current social situation is precarious. With the ease of travel restrictions and border re-openings, the joy of travelling, holidays and summer has never been greater.

Now is the time to focus on physical- and psychological health. Schüssler-Salts are one excellent option, as they have proven excellent assistants at any age, during pregnancy, etc.; and they are free of side-effects. Find out why No. 6 Potassium sulphate is a valuable remedy. *Special advice* – utilise No. 3 Ferrum phosphate for the immune system, as well as the established 'Summer-Cures'.

Refuel Energy

For many people, the last 22 months has been a torment. Adults and children alike will profit from the 'Energy-Plus-Cure'. Take 4 – 6 tablets of each salt during the day (dissolve tablets in the mouth). Follow this treatment for at least 6 weeks.

No. 2 Calcium phosphate 6X

- ❖ Tensions, restiveness, and deep fears; additionally apply No. 2 cream externally to the neck region.

No. 5 Potassium phosphate 6X

- ❖ Strengthens nerves and mind; improves concentration and brain power.

No. 7 Magnesium phosphate 6X

- ❖ Reduces the impacts of inner tension, increases stress capability.

Healthy Tan

Natural medicine regards pigmented (liver) spots as signs of inadequate detoxification, "as landfills". In Schüssler's biochemistry they are a sign of a No. 6 Potassium sulphate 6X deficiency. Summer is the right time for a more in-depth detox treatment which relieves the metabolism and at the same contributes to an improved skin texture.

'Summer-Cures' with a Plus for the Skin...

... and Metabolism

The following combination of Schüssler-Salts is recommended:

No. 3 Ferrum phosphate 12X

- Skin metabolism, immune system

No. 6 Potassium sulphate 6X

- Pigmentation, cell metabolism

No. 8 Sodium chloride 6X

- Fluid metabolism, mucosal structure

No. 10 Sodium sulphate 6X

- Excretion of metabolic products, remedy for liver and intestine

Hint: The additional use of biochemic cream No. 6 is recommended – sparsely apply to the pigmented spots.

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Administration & Duration of Treatment

- Take 6 – 8 tablets of each mineral a day.
- Follow treatment for at least 6 weeks.

... and Vessels

In connection with the Corona pandemic the vascular health has constantly been thematized. Furthermore, a large number of women and men over the age of 40 are affected by venous diseases. The inner and external use of Schüssler-Salts can support the connective tissue and skin in their structure. The application has proven reliable.

No. 1 Calcium fluoride 12X

- Elasticity of tissues
– as prophylaxis: 3 tablets/day

No. 4 Potassium chloride 6X

- Blood flowability
– as prophylaxis: 6 tablets/day

No. 9 Sodium phosphate 6X

- Removal of excess acids
– as prophylaxis: 6 tablets/day

No. 11 Silica 12X

- Remedy for the connective tissue
– as prophylaxis: 3 tablets/day

Hint: In case of cracked or lacerated skin the external apply biochemic cream No. 1; often with speedy improvement.

*Institute for Biochemistry
according to Dr Schüssler
(Germany)*

DID YOU KNOW...

In addition to being the most essential mineral in our cellular energy production, Magnesium is also needed for the ingested B-vitamins to become metabolically active.

Magnesium is also important for the:

- Synthesis of nucleic acids
- Cell division
- DNA and RNA synthesis of our genetic material
- Protein synthesis
- Synthesis of fatty acid

Unfortunately, a magnesium deficiency at cellular level, where it counts, is not easy to diagnose – **as serum magnesium levels do not** correlate to muscle or cellular magnesium levels.

But it is also important to ensure the correct 'negative ion' is in place, which of course is the '**phosphate**' molecule. Thus, **Magnesium phosphate (No. 7)** in accordance with Dr Schüssler, is the correct biochemic remedy to use.

*Institute of Biochemic Medicine
(Asia – Pacific)*

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