

Schüssler Express

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NOW IT GETS SPORTY

MORE PHYSICAL AND MENTAL POWER THANKS TO SCHÜSSLER-SALTS

Increase exercise into your life, become fitter and get rid of some surplus pounds. There should no longer be any excuses to put the sports program on the shelf. Unfortunately, there is often the overwhelming one's weaker self with its typical arguments: Too busy, bad weather, too tired, etc. Often motivation subsides after a few training sessions; not only for beginners. Mineral salts according to Dr Schüssler can support the activation of mental and physical energy in order to keep going and implement the athletic target.

Sport keeps fit and assists healing – like a medication without side-effects; this has been proven in studies. Regular moderate exercise ensures the increase of oxygen- and nutrient supply to blood and cells. The circulation also benefits. Sport increases the well-being and reduces stress hormones. Stress in particular is a topic that motivates many to more sports.

For a Successful Start

To ensure both schemes work, the most important rule is Sport has to be fun! After all, it should become a valuable enrichment and not an unpleasant obligation – which one soon let slide. Beginners should simply check out if walking, skating, cycling, or jogging suits best. 45 – 60 minutes of endurance sport two to three times a week is ideal. The additional advantage of outdoor exercises is that the UV light in the skin activates the vitamin D production. It is a key substance for the bone metabolism and the immune system. The good news for sport-returners: Success regarding fitness and figure show faster. 'Muscle

memory' is the phenomenon – muscles 'remember' erstwhile sequences of movement and quickly become fit again even after a longer break.

Set achievable Goals

It is sensible to set definite goals to retain euphoria. Goals should be realistic; no point to run a marathon straight away. Best to set intermittent targets, and slowly but constantly increase the training. Another decisive factor for success is also the internal clock. Some people feel like a million dollars in the morning, others are rather more active in the evening. Taking this into consideration it makes the integration of sport into one's daily routine much better. Regular exercise becomes natural like cleaning teeth. However, it is important to understand that stamina is required at the beginning: It takes 8 – 12 weeks for the brain to save new routines as a habit. Those who keep in mind that sport is definitively a plus for health, joy of life, and the figure, will without doubt overcome this period easily.

Strengthen Body and Mind with Schüssler-Salts

Three Schüssler-Salts are especially well suited for an easy realisation of the set fitness targets. Schüssler-Salts support the vital balance between activity, i.e., tension and relaxation. They stimulate cell metabolism with gentle impulses, which allows the organism to optimally absorb and utilise essential mineral substances. To regain the upper hand again in a motivational low, salt No. 5 Potassium phosphate 6X is recommended. It supports the healthy function of nerves and muscles, as well as the energy build-up in

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the cells. This can help to regain new oomph and to pick oneself up when the gravity of the couch is bigger than the trainers. Schüssler-Salt No. 3 Ferrum phosphate 12X support oxygen transport and energy production in the cells. It functions like a dynamo and provides energy during training. Furthermore, this salt is well suited to forestall muscle hangover. After sports, Schüssler-Salt No. 7 Magnesium phosphate 6X contributes to regeneration. It helps to calm down the body nervously and motorically and can bring relief for cramps. The dosage: 1-2 tablets three times a day (to be dissolved in the mouth).

Sports-Drink

Dissolve 5 tablets of each mineral (No. 3, 5, and 7) in a bottle of water and drink before, during and after the training session.

Visualisation boosts Continuation

Advice – mark the training sessions in a calendar and arrange to meet with a friend or partner for those outdoor sports, in order to stick to the fixed dates. The cooperation creates commitment and doesn't give the weaker self a chance. Another helpful technique from sports-psychology, also utilised by top athletes is Goal visualisation. Imagine having already reached the goal. How does it feel like coming through the home stretch at the next run? What is the noticeable physical awareness and self-confidence when the 'hip-gold' has melted? The imagination alone creates a sense of pleasure and motivates to stay the course. Never forget, one should also consciously embrace partial successes and rejoice in the fact that exercise is fun, and one feels great after each training session.

German Association of Biochemistry

FERRUM PHOSPHATE CREAM

Ferrum phosphate is the first aid remedy and alleviates muscle tension. The cream helps with injuries like contusions, bruises, scrapes, and sprains, and, as a compress for acute inflammations if reddening, swelling, burning and sensitivity to pressure appear.

With Gastritis, for example, Ferrum phosphate and Potassium Chloride creams can be used in alternation around the solar plexus and upper back.

In the case of a dry, barking cough, Ferrum phosphate cream can be massaged into the chest area and the back (especially between the shoulder blades).

In the case of a recent hematoma, Ferrum phosphate is applied until the pain diminishes and then one applies Silica cream for a better reabsorption of the "effusion" (blood).

Burning and red eyelids caused by fatigue are relieved if they receive a small covering of Ferrum phosphate cream. (*Care to ensure cream is only applied to the lid, sparingly*).

The cream is also excellent as a massaging remedy for cold feet.

Toddlers' sore bottoms (nappy rash) are tender again after a few days if treated with Ferrum cream.

While the cream should not be applied to open wounds, the alternative method is to use Ferrum phosphate tablets which have been "powdered" and sprinkled on the affected area. This method of application has also been found to be a practical way of administering Ferrum phosphate to animals.

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