

Schüssler Express

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READY, SET, OUCH?

SCHÜSSLER-SALTS IN SPORTS INJURIES

To slip, twist one/s ankle, strain – those who do sports know that small injuries can easily occur. Muscles, ligaments, and tendons are especially susceptible. Fortunately, many afflictions can easily be self-treated. Schüssler-Salts can also help in the treatment of typical sports injuries and are also often useful as a prevention.

Regular physical activity is evidently part of the most important elements of a healthy lifestyle: Sport strengthens the cardiovascular system, our ligaments, and bones. And it also assists in the reduction of stress and excess weight. But unfortunately, sometimes it happens: One doesn't pay attention for a moment, does a wrong movement, and incurs a strain. Or gets a muscle hangover due to overexertion.

Warm-up and Breaks are important

The risk of injury is particularly high when warm-up periods are too short, training goals too high, or phases of regeneration are insufficient. Often the importance of a good preparation and breaks is underestimated. They count as much as the actual training session. A warm-up, like a small jog with arm circling for example, makes muscles, tendons, and ligaments more elastic. Furthermore, it improves the coordination of nerves and muscles, and increases the reaction speed.

Breaks are essential! Ambitious beginners often power away and train as often as possible. But it is much more effective to allow the musculature sufficient

rest between the training sessions to recover from the stimulus.

And then occasionally all knowledge is no good and after or during sport, pain or acute injuries occur. Schüssler-Salts are also ideal companions for athletes, as they stimulate homeostasis and cell metabolism of the body with gentle impulses. Thus, the organism is able to optimally absorb and utilise essential minerals. Many problems can be treated with Schüssler's biochemistry alone. Besides, Schüssler-Salts are well-tolerated and can be applied alongside other measures and medications. However, for more severe and persisting problems medical advice is recommended.

When it burns and pulls: Muscle Hangover

Muscle soreness develops when unaccustomed or intense training causes minimal lacerations in the muscle fibres. These micro-injuries are unpleasant. In case of sore muscles, it is recommended to the following Schüssler-Salts in alteration: No. 3 Ferrum phosphate 12X and No. 7 Magnesium phosphate 6X – every 10 minutes dissolve one tablet in the mouth. Both have a relaxing and analgesic effect. In order to accelerate the lactic acid breakdown in the muscles, No. 9 Sodium phosphate 6X and No. 10 Sodium sulphate 6X are helpful afterwards, as they encourage detoxification and energy generation. Additionally, a gentle massage of the muscle group brings relief. So does the application of heat and light exercise.

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Muscle Cramp: Loosen Indurations

In case of an acute spasm, tissue salt No. 7 Magnesium phosphate 6X is the ideal remedy: It helps to loosen the restrictive and painful induration and relax the musculature. In acute situations dissolve one tablet in the mouth every few minutes (5 – 10 minutes). Alternatively, dissolve 10 tablets in hot water (100 – 250 ml), pour into a small thermos flask and sip as needed.

Pretty painful: Bruising

A bruising, as it can occur after a fall, is often very painful. A haematoma forms in the bruised tissue, the area gets swollen and hurts. Acutely, the so-called RICE rule should be applied: **R**est, **I**ce, **C**ompression, **E**levation. Especially a cold pack applied to the painful area and an elastic bandage for compression help to curb the swelling, pain, and inflammatory reaction. The sooner one acts the better. Of course, for more severe problems medical advice has to be sought. But, in the event, the combination of salts No. 4 Potassium chloride 6X and No. 6 Potassium sulphate 6X is recommended.

Abrasions: Prevent Inflammation

Abrasions have to be cleaned professionally. Calendula ointment and tissue salt No. 3 Ferrum phosphate 12X encourage the healing process internally and externally. Please also consider Tetanus protection!

Strain: When the Tissue gets overstretched

A tissue strain – mostly on the muscle cords of the extremities – is also painful. In case of a strain, it is

advisable to rest the affected musculature and support in its regeneration. Salt No. 3 Ferrum phosphate 12X helps to relieve the pain. Schüssler-Salts No. 1 Calcium fluoride 12X and No. 11 Silica 12X both have a regulating effect on the elasticity of the tissue. An overnight poultice with cream No. 3 provides further relief.

Always stay loose: Prevent Injuries

Biochemic therapists recommend a 4 – 6 weeks treatment with Schüssler-Salts for muscles, ligaments, and tendons twice a year. In particular three Schüssler-Salts boost elasticity of tissues:

- ❖ Morning: No.1 Calcium fluoride 12X, 2 tablets
- ❖ Noon: No.2 Calcium phosphate 6X, 2 tablets
- ❖ Night: No.11 Silica 12X, 2 tablets

*The Institute of Biochemic Medicine
(Asia – Pacific)*

NOTIFICATION

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