

# Schüssler Express

#96



## FIBROMYALGIA

### THERAPEUTIC OPTIONS WITH BIOCHEMISTRY ACCORDING TO DR SCHÜSSLER

The Fibromyalgia-Syndrome (fibrositis-syndrome) and soft-tissue rheumatism (myositis) are two separate diseases which are characterised by chronic pain of the musculature, connective tissue, and bones.

Typical tender points (pain) in fibromyalgia are in the back and extremities. Painful muscle tenseness (muscle gelling), stretching pain, but also sleeping disorders, exhaustion and depression are other symptoms.

Symptoms of soft-tissue rheumatism – correctly identified as fibro-myositis-syndrome (also referred to as myositis, fibrositis, or inflammation of the connective tissue) – are pain on muscles, connective tissue structures (skeletal apparatus), and nerve sheaths. The fibro-myositis-syndrome is a generic term for tendinitis, tendovaginitis, and periostitis.

#### Fibromyalgia-Scheme

- ❖ Before breakfast – 2 tablets **No. 1 Calcium fluoride 12X**
- ❖ After breakfast – **No. 7 Magnesium phosphate 6X** as “Hot 7” (10 tablets dissolve in half cup of boiling water, then sipped slowly at mouth temperature).
- ❖ Before lunch and in the afternoon – 2 tablets **No. 14 Potassium bromatum 6X**
- ❖ Before dinner – 2 tablets **No. 3 Ferrum phosphate 12X**
- ❖ Before sleep – 5 tablets **No. 2 Calcium phosphate 6X** (either dissolved in the mouth, or analogue to “Hot 7”).

#### Fibro-Myositis Scheme

- ❖ Mornings – 5 tablets **No. 3 Ferrum phosphate 12X** (either dissolved in the mouth, or analogue to “Hot 7”)
- ❖ Noon – 5 tablets **No. 6 Potassium sulphate 6X** (administration same as No. 3)
- ❖ Night – 5 tablets **No. 7 Magnesium phosphate 6X** (same as above)

Ailments lasting longer than three days, please consult a doctor or natural health practitioner.

#### Supportive Measures

- Change of diet – reduction in animal proteins and fats
- Sufficient fluid intake (water)
- Warming foods
- Wholesome diet
- Kidney care
- Avoidance of draughts
- Movement training
- Aqua aerobics
- Psychotherapy

*German Association of Biochemistry*

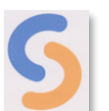
THE CLINICAL SCIENCE OF BIOCHEMIC THERAPY  
<Diploma>  
**4-Day Seminar**  
**26<sup>th</sup> – 29<sup>th</sup> May 2022**  
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The Institute of Biochemic Medicine (Asia Pacific) is a branch of the German Association of Biochemistry, founded at Oldenburg (Germany) in 1885

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## ENDOMETRIOSIS

Endometriosis is a disease – often progressive – in which scattered fragments (islands) of the mucous membrane lining the uterus (endometrium) implant themselves outside the uterus. Endometriosis sites are most often located in the lower abdomen (for example on the peritoneum, in the ovaries, bowel or bladder).

Endometriosis sites are subject to the influence of the hormones (progesterone and estrogen) that control the menstrual cycle. In the same way as the normal uterine mucosa – also known as the “endometrium”-endometriosis sites follow a cyclic pattern as they develop and bleed.

### Respective complaints

- Cramps
- Irritation of the tissue which may cause scarring

### Possible Causes

- Selenium deficiency
- Tampons

### Recommended and supportive Biochemic Remedies

- No. 4 Potassium chloride – mucous membrane, protein metabolism
- No. 7 Magnesium phosphate – acute, in case of cramps “Hot 7”
- No. 1 Calcium fluoride – scarring
- No. 3 Ferrum phosphate – irritations
- No. 11 Silica – epithelial tissue
- No. 12 Calcium sulphate – permeability (in this case: reduction)

*European Institute for Biochemistry of Dr Schüssler  
Margit Müller-Frahling, Jo Marty*



### Consider this when treating:

- When someone seeks health, they should always be asked first, if they are prepared to avoid the causes of illness in the future.

Only then should you help them

Socrates.

### DIABETES AND SCHÜSSLER-SALTS

Information for Diabetic Patients.

DHU Tissue Salts (in accordance with Dr Schüssler's formulation) contain as follows:

1 tablet = 0.021 BY (bread units)  
48 tablets = 1 BU

BU is the amount of a foodstuff containing carbohydrates, in which there are 10 – 12 g of available carbohydrates.

1 BU = 12 carbohydrates

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