

# Schüssler Express

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## SCHÜSSLER-SALTS FOR CHILDREN

*Up until puberty, children have to cope with quite a lot healthwise, including numerous infections, bellyaches, growing pains, and other problems through the process of growing up. Schüssler-Salts can assist in many situations, to ease acute as well as recurring health problems. Children generally respond well to the gentle and side-effect free Schüssler-Salts. In the following are some examples of frequently occurring children's problems and how, when and which Schüssler-Salts can be used.*

What parent is not aware of this? As soon as one cold is over the next infection is on the horizon. Infections are frequent during childhood. The immune system is not completely developed. And the intestinal flora is also still developing. The result – frequent bellyaches. Besides, the body requires lots of energy for growing. And this can also be painful – for instance the first teeth or later when the bones lengthen.

Long-time experience in the treatment of various problems reassures parents of a gentle, safe, and effective assistance with Schüssler-Salts. They have proven beneficial in various acute and chronic problems in children, to alleviate the progression, encourage the healing up, and in general to bring the organism back into balance. Schüssler-Salts are well tolerated, and if necessary, can be integrated with other medications.

Please remember, diagnostic confirmation is always indispensable in children when problems such as fever, diarrhoea or severe pain occurs, as a child's organism can react testier and quicker to health challenges than an adult's one. ***If the condition of the child does not improve soon, or even deteriorates, a visit to a doctor may be necessary.***

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### Not another Infection!

The cooler season challenges the child's immune system in particular. But, even in summer, children often develop a cold. Infections in early childhood are especially common – six to eight infections per year are quite normal. It is even necessary for the child's development – the contestation with pathogens is vital for the development of the immune system. Schüssler-Salts can support the organism in dealing with the pathogens by activating the self-regulating forces.

Infectious- and inflammatory diseases usually traverse three stages. The first stage often manifests in joint aches, malaise, or shivering. Here, Schüssler-Salt No. 3 Ferrum phosphate is recommended. It supports oxygen transport in the blood; this again gives energy to better stem the pathogens. The second stage, where the mucous membranes are already affected, typically shows with coughing, thick cold, fever, sore throat, or swelling. During this phase healing can be supported with salt No. 4 Potassium chloride.

Sometimes a cold drags out for weeks or simply recurs. In cases where an infection does not heal up completely it is recommended to seek advice from a paediatrician or doctor. In order to foster the healing process during this stage, No. 6 Potassium sulphate has proven beneficial. This mineral also occurs in the mucous membrane cells for example. A good supply to the cells supports the organism with excretion. Note: Schüssler-Salts do not replenish a mineral deficiency in the body, instead they purposefully stimulate cell metabolism. This way the body is able to optimally utilise existing minerals. When the equilibrium is



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restored, the body's self-regulating forces are generally able to cope with pathogens.

## When the Belly aches

Bellyaches are the most common problems in infants but also older children. Combined with diarrhoea or vomiting, this is usually a stomach bug. But often, as their intestinal flora is just developing during the first years, children struggle with digestive problems, wind, or have a sensitive reaction to certain foods. And of course, children often cannot yet exactly localise the pain. They may say their belly is hurting when in fact it is the head or something else. But even when most bellyaches are harmless, they can have more serious causes, such as appendicitis. Therefore, it is always important to find the cause of the bellyache.

For wind and spasmodic problems, Schüssler-Salt No. 7 Magnesium phosphate is recommended for the pain. Magnesium phosphate is well tested and proven in case of pain and cramps, thus the typical accompanying symptoms of bellyache. Administration is recommended in form of "Hot 7" – depending on the child's age, dissolve three to five tablets in a cup of hot water, allow the solution to slightly cool, then ask the child to slowly sip the water, keeping each sip in the mouth for a moment.

After a stomach bug or an antibiotic treatment, Potassium chloride (No. 4) can be used. This mineral helps to calm down the irritated and imbalanced intestinal mucosa. When the child is restless and whining, due to the pain, salt No. 5 Potassium phosphate can often bring relief. Potassium phosphate has an equalising effect on nerves and mood.

## Hooray, I am growing!

Finally, a new tooth has come through and the child shows it happily. However, before that event, most likely all involved parties experienced some sleepless nights and stressful days. Because, until the tooth breaks through, lots of pain can be experienced. Apart from aching gums, teething children often also experience digestive problems, or are not much interested in eating; they are tired but are unable to sleep. Here, Schüssler-Salt No. 2 Calcium phosphate provides energy for the development of bones and teeth. It is reliable remedy particularly during the teething phases. For the pain, No. 7 Magnesium phosphate is recommended – also for the nerves of parents, when the nightly sleep gets a little short.

Even when an older child proudly marks their growth, there is often a difficult phase. Quick growth spurts are stressful for children because the body has to provide much energy. The consequences – growing pain and general exhaustion, sometimes even fever. Calcium phosphate (No. 2) also supports bone growth. Apart from taking the tablets orally, external application of No. 2 cream to the painful body parts e.g. the back, shinbones, etc. can bring relief. Schüssler-Salt No. 1 Calcium fluoride is indicated when a child, apart from bone- and joint aches due to growth, also has problems with ligaments and tendons.

*German Association of Biochemistry*

### The Clinical Science of Biochemic Therapy

Dr med W.H. Schüssler

-Incorporating Facial Diagnostics-

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## PURINES

### What are Purines? - Some interesting notes...

Purines are one of the most common chemical compounds on the planet. There are two kinds: endogenous and exogenous. Exogenous purines are absorbed by the body through the foods that you eat, whereas endogenous purines are made directly by the body itself.

About 2/3 of purines in the body are endogenous. These purines are produced by the human body and found inside its cells. A body's cells are in a constant state of death and renewal, and the endogenous purines from damaged, dying, or dead cells must be processed, and excreted by the body.

Exogenous purines enter the body via foods such as liver, shellfish, and even alcohol. Fruits such as apples, peaches, pears, plums, grapes, prunes, and dates, all contain purine.

Purines are metabolized by the body as part of the digestive process and create a by-product called uric acid.

Uric acid unites with sodium forming sodium urate, which is of no use to the organism, whatsoever, and is eliminated from the system. However, failure or even partial failure of this action, because of **insufficient fluid consumption**, and essential mineral elements to ensure excretion, allows for an accumulation in the joints which then gives rise to arthritis and in some cases gout.

If the amount of purines in the body is out of balance with the body's ability to process them, too much uric acid can build up in the body's bloodstream. This

condition is called **hyperuricemia**. In some people, hyperuricemia can cause kidney stones or lead to an inflammatory joint condition called gout. Many other people with hyperuricemia have no signs or symptoms – doctors call this condition asymptomatic hyperuricemia.

The human organism is normally quite capable of handling these situations if there are the required fluid intake and balance of essential minerals to enable the necessary functions. If on the other hand there is lack of fluid and or a deficiency of one or more the said minerals, then the functions cannot be fully effective.

The mineral balance should be maintained using Sodium Phosphate (attracts fluids) Sodium Chloride (distributes fluids) and Sodium Sulphate (excretion). Should there already be an accumulation in joints then apart from dietary considerations, the minerals to consider are Sodium Phosphate, Sodium Chloride, Sodium sulphate and additionally Silica.

Facial diagnosis can be of immense help in the determination and confirmation of the other signs and symptoms.

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

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-Incorporating Facial Diagnostics-

4-Day Seminar

13. – 16. October 2022 // Perth WA

Seminar cost: A\$800.00

Early Bird Special: A\$720.00

(ends 1<sup>st</sup> September 2022)

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