

Schüssler Express

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HEALTHY THROUGH WINTER WITH SCHÜSSLER-SALTS

The colder, darker time of the year with wind, and cold temperatures is a challenge for the immune system. Respectively, feeling chilly, a runny nose, or sore throat are often typical companion in autumn and winter. How can we protect ourselves or counteract when a cold is developing? Schüssler-Salts strengthen the body's defences and, as a natural remedy, relieve first afflictions.

Now it is especially important to be fit and healthy – and to remain. Individually, or combined in a course of treatment, Schüssler-Salts stimulate the self-healing powers of the organism. According to Dr med W.H. Schüssler, a metabolic disorder weakens the body and illnesses can occur. Schüssler-Salts vivify an equilibrium in the mineral balance. Thus, the body's own equilibrium is restored, and the body's defences are strengthened.

When the Nose itches

At the first signs of a common cold such as itchy nose, or feeling chilly, Schüssler-Salt No. 3 Ferrum phosphate 6X – the salt for the immune system – helps to hold the infect at bay. Ferrum phosphate caters for a good oxygen uptake in the body, boosts perfusion, and helps the body in the excretion of toxins. Best to take 1 tablet every hour during the day. Tip: Dissolve tablets under the tongue/in the mouth – this ensures a fast absorption via the mucous membranes.

When a cold has already developed, the treatment with Schüssler-Salt No. 8 Sodium chloride 6X – the salt for fluid regulation – should be supplemented. With Sodium chloride. This salt assists the organism in its cleansing process, improve its defence, and fight against penetrated viruses. At the start of the sniffles take 1 tablet of No. 3 and No. 8 in hourly alternation. With improvement, continue this protocol for a further two days before terminating.

How Schüssler-Salts assist Cold and the like

When cold symptoms intensify, and a sore throat is experienced, the coating of the tongue should be considered. This reveals how our body is doing. Admittedly, the observation of the tongue has been neglected due to clinical pathology however, it is of importance in natural medicine or Traditional Chinese Medicine. For example, a white coating indicates the body is fighting an infection. Then Schüssler-Salt No. 4v Potassium chloride 6X is recommended – the salt for the mucous membranes – a little miracle weapon for many typical cold symptoms. In case of infections, Potassium chloride tackles the whitish deposits on the mucous membranes in the mouth and throat.

When the tongue is yellow and one has to cough up phlegm in the mornings, Schüssler-Salt No. 6 Potassium sulphate 6X provides relief and support. With its expelling effect, Potassium sulphate is responsible for all detoxifying processes in the body. The recommendation is to take 5-10 tablets during the day. For acute problems the dose can be increased to 3-6 times 2 tablets.

Promptly administered, Schüssler-Salts are able to shorten the duration of a common cold, and typical affliction such as rhinitis, sore throat and cough are alleviated. However, when symptoms persist and fever is experienced, it is necessary to consult your doctor. Especially for symptoms like dry cough, fever, and loss of taste it is imperative to get this quickly checked out.

Tips to strengthen the Immune System

To get our body through the season of colds and flu it is vital to drink lots. Those who drink sufficiently keep their mucous membranes moist and thus protect themselves from colds. Optimum fluid consumption for a healthy person is ca 2 litres a day. But also exercise,

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teas and officinal plants help us to remain healthy or, when suffering a cold, to overcome infections quickly.

A therapeutic home remedy in case of cold without fever are warm foot baths for instance. Another approved remedy in infections is honey, which is rich in enzymes, minerals and vitamins and relieves sore throat and tickle in the throat.

A precautionary measure for the body's defences at home: Treading water in the bathtub. Fill the tub calf-high with cold water, lift one leg out of the water for a few moments, then the other leg. Thoroughly dry while moving your legs on the spot until they are warm. This stimulates the blood flow. Also running through cold grass for a few minutes is stimulating. Important: Thoroughly dry and run your feet warm again. Remember, before going on the cold grass the feet should be warm.

Another tip for the colder season, even when the weather is not inviting, a walk in fresh air stimulates the immune system and is healthy for the mucous membranes.

Immune-Support with Schüssler-Salts

The following immune treatment with a combination of several Schüssler-Salts has been tried and tested for a stronger immune power.

Administration

- ❖ Morning: 2 tablets No. 3 Ferrum phosphate 12X
- ❖ Noon: 2 tablets No. 6 Potassium sulphate 6X
- ❖ Night: 2 tablets No. 7 Magnesium phosphate 6X

Complementary to Schüssler-Salt No. 3, salt No. 6 Potassium sulphate boosts excretory processes, and No. 7 Magnesium phosphate provides for more energy and strength. All three cell salts combined ideally support the body's defences.

German Association of Biochemistry

DID YOU KNOW...ZINC

People use zinc to help treat colds, but it can decrease the effectiveness of certain drugs and cause side-effects. The recommended daily amount of zinc is 8mg for women and 11mg for adult men.

Immunosuppressant medications – since zinc may make the immune system stronger, it should not be taken with corticosteroids (e.g., Prednisone), Cyclosporine, or other medications intended to suppress the immune system.

There is a lot of evidence linking zinc to blood clotting. Zinc is released from cells called platelets that control blood clotting, and scientists have found unwanted blood clots can form when zinc levels in the blood are faulty.

Taking zinc along with some antibiotics may decrease their effectiveness. Some of the antibiotics that may interact with zinc include Ciprofloxacin (Cipro), Enoxacin (Penetrex), Norfloxacin (Chibroxin, Noroxin), Sparfloxacin (Zagam), Trovafloxacin (Trovan), and Grepafloxacin (Raxar).

Remember...

Zinc is found naturally in foods – oysters contain more zinc per serving than any other food, but red meat and poultry provide the majority of zinc in the diet. Other good food sources include beans, nuts, seafood, whole grains, fortified breakfast cereals, and dairy products. Did you know that nutritious vegetables like mushrooms, spinach, broccoli, kale, and garlic contain zinc, as well as other vital minerals and vitamins?

Ten best Foods that are high in Zinc

Meat, shellfish, legumes: chickpeas, lentils, beans, seeds, nuts, dairy, eggs, whole grains. *2 litres of water contain 10mg of zinc!*

*Institute of Biochemic Medicine
(Asia – Pacific)*

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