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DOOR OPENER: SCHÜSSLER-SALTS

SIMPLY EASIER THROUGH THE YEAR

Vigorous and full of energy, active and motivated but at the same time mentally alert and “all squared” – who doesn’t desire this? But every season and each phase of life poses special challenges for our body and can cause imbalance to our mineral metabolism. Schüssler-Salts are applied when problems occur: They boost a healthy cell metabolism and thus assist to be fit and energetic. The twelve Schüssler-Salts provide a good basis to support everybody. They are a door opener for a healthier life, perfect companions for an active and health-conscious lifestyle.

Nothing happens without them: Minerals not only control and strengthen our metabolism, but they are also vital for all cellular functions. Deficiencies can cause health problems – no matter if allergies, springtime fatigue, weather sensitivity, inflammations, cracked hands/heels, rheumatism, or diarrhoea – for many afflictions that affect us during the year, the correct minerals according to Dr Schüssler are available. And with a clever foresight, health problems may be prevented. Minerals have a cleansing, vitalising, or fluid balancing effect for instance, and help to direct the cell function into the right channels again.

Each season poses specific challenges for our mineral metabolism. In spring, when nature awakes, allergy sufferers are often troubled by pollen. Summer may cause circulatory problems, and severe sweating, due to high temperatures. Autumn usually brings an outbreak of the common cold, and winter, with colder temperatures and perhaps change in eating habits (comfort food), may upset the stomach. But also, certain living conditions such as stress at work, upsets in the family, exam

anxieties in children, growing spurts, hormonal changes, and general aging processes, are also situations that can imbalance our body and its metabolism.

Thus, health, well-being, and performance are inextricably linked with a balanced mineral provision. Its natural regulatory processes and body’s defences can easily be supported with Schüssler-Salts the whole year round. The following short overview explains why the 12 minerals according to Dr Schüssler belong in the modern home medicine chest.

No. 1 Calcium fluoride – The Salt for Connective Tissue and Skin

It is found in the cells of the epidermis and all elastic fibres. It is an essential nutrient of life. Calcium fluoride is supportive in various veins, haemorrhoids, but also venous calcifications or a weak connective tissue. Furthermore, it also hardens bones and teeth in small quantities. Schüssler-Salt No. 1 assists our natural beauty.

No. 2 Calcium phosphate – The Salt for Bones and Teeth

The main module for bones and teeth plays a central part in all regenerating processes in the body. It is used for growth disorders, to support badly healing fractures, as a prophylaxis and also in the treatment of osteoporosis. Note, Calcium is important for muscle function. Muscle contraction on the heart, the womb, and the skeleton is assisted by Calcium phosphate.

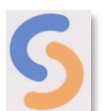
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No. 3 Ferrum phosphate – The Salt for the Immune System

No matter if acute infections or as a prevention of common cold, Ferrum phosphate, the classic inflammatory remedy in Schüssler's biochemistry, strengthens the body's immune defences. No. 3 effectively assists healing processes of fresh wounds, bruises, sprains, and bleedings. Furthermore, it helps with debilities and lack of energy, as the red blood cells require iron for the absorption of oxygen and its transportation in the body.

No. 4 Potassium chloride – The Salt for the Mucous Membranes

Problems with discs, tendons, ligaments, and joints? A clear indication of Potassium chloride, as it is a component of almost all cells and closely connected to the connective tissue. It is also a helpful remedy for inflammations becoming chronic. Thus, it is successfully applied for mucous membrane problems (mouth, sinuses, and intestine).

No. 5 Potassium phosphate – The Salt for Nerves and Mind

Potassium phosphate provides energy for the brain, nerves, and muscles, and is contained in all nerve cells. It is recommended for problems of nervous and emotional nature. It also ensures fresh energy when experiencing weakness of heart and circulatory insufficiency.

No. 6 Potassium sulphate – The Salt for Detoxification

This salt is found in the epidermis, the top layers of the mucous membranes, the cartilage, but also in the anils.

Potassium sulphate is greatly related to the skin and supports the renewal of cuticular cells, in inflammatory skin- and joint diseases. Schüssler-Salt No. 6 is a reliable companion in chronic catarrhs.

No. 7 Magnesium phosphate – The Salt for Muscles and Joints

Magnesium phosphate is mainly found in muscle- and nerve cells, but also the brain and spinal marrow, as well as many human organs, in bones and teeth. A deficit results in cramps of all sorts – abdominal-, bladder-, or calf cramps for example. A major field of application are sudden, piercing, wandering pains. It has proven reliable in headaches, abdominal cramps, menstrual problems, but also muscle hangover and nightly calf cramps.

No. 8 Sodium chloride – The Salt for Fluid Balance

Sodium chloride is regarded as the remedy for the fluid balance and is contained in all bodily fluids and tissues. This salt has a balancing effect on the fluid metabolism. Some indications for the need of Sodium chloride are puffy face, abnormal lachrymation and salivation, watery nasal catarrh, and blistering rashes. It is also a good immediate tip for herpes on the lips as well as blisters on feet (from walking) – use cream.

No. 9 Sodium phosphate – The Salt for Metabolism

Sodium phosphate occurs in almost all somatic cells, mainly in the cells of brain, nerves, and muscles, in the blood cells, and the tissue fluid. It activates the metabolism, contributes to the balance of body fluids, and supports a healthy acid-base balance. Schüssler-Salt No. 9 may assist in rheumatism, gout, and sciatica.

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No. 10 Sodium sulphate – The Salt for Expulsion

This mineral, as all sodium salts, assists the regulation of bodily fluids. This is achieved by stimulating the kidney-, and bladder activity. It has a balancing influence on the intestine, liver, and pancreas. As the “biochemic cleansing remedy” it is applied among others in liver-, and gall problems, constipation, as well as diarrhoea, rheumatism, and nutritional mistakes, also in gout and rhinitis.

No. 11 Silica – The Salt for Hair, Skin, and Connective Tissue

Silica is imperative for the collagenous fascia and responsible for a healthy structure of epidermis, mucous membranes, hair, nails, and bones. It gives tissues support, stability, and resistance. Consequently, it is the perfect Schüssler-Salt in connective tissue atony e.g., varicose veins, and baggy skin. Degenerative signs of wear of the connective tissue, such as osteoarthritis, discopathy, tendon-, and ligament issues also require Silica. Furthermore, Silica is used in boils, stye, or a tendency to bruises.

No. 12 Calcium sulphate – The Salt for the Joints

This mineral occurs in the gall and liver. It is used for clearance of the lymph and reduces the deposit of harmful substances in the organism. Calcium sulphate is part of the vital cleansing-, and regeneration remedies in biochemistry. Among others it is use in all types of rheumatism, gout, abscesses, boils, and all chronic suppurative focuses, additionally in cystitis and tonsillitis.

Administration and Combination Options

The standard dose of each remedy is 1-2 tablets 3-times daily. Schüssler-Salts can be taken alone, tablets should be dissolved in the mouth. However, many salts complement each other in their efficacy, which provides for a much broader spectrum of application. Thus, the administration in form of a treatment course, where for instance 3 salts are taken in combination over a period of 4 – 6 weeks are being taken, is very popular.

German Association of Biochemistry

The Clinical Science of Biochemic Therapy

Dr med W.H. Schüssler

-Incorporating Facial Diagnostics-

4-Day Seminar

9. – 12. September 2022 // Queanbeyan NSW

Seminar cost: A\$800.00

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Dr med W.H. Schüssler

-Incorporating Facial Diagnostics-

4-Day Seminar

13. – 16. October 2022 // Perth WA

Seminar cost: A\$800.00

Early Bird Special: A\$720.00

(ends 1st September 2022)

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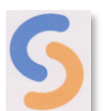
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AN UNFORGETTABLE WEEKEND SEMINAR!

Brisbane's 2022 QLD Biochemic Seminar "**The Clinical Science of Biochemic Therapy**" is over for another year. The days were perfect May weather, and the seminar location was ideal, set in Ashgrove's Taylor Range Country Club, with trees, birds, pool, tennis courts, and down the track a little, a running creek fringed by greenery. Inside, our seminar room had all the necessities – and adjoining all-important kitchen and tidy bathrooms, plus there was a sunny balcony for eating lunches, and doing our test on the last day. A nice selection of cafes & restaurants just a short drive away provided bought meals for those wanting them. Car-pooling was popular!

Fellow students attending came from all points of the compass – Brisbane, Logan, Ipswich, Sunshine Coast, and Toowoomba, and several others had travelled long distances (including Victoria) to attend, booking accommodation for the four days. We discovered as we each introduced ourselves that we were very like-minded in many ways, and new friendships were begun over the weekend as we got to know each other. All were keenly interested in true health, and this was evident in the variety of modalities represented by us all, which included Applied Psychophysiology, Metaphysics, Remedial Massage, and Bowen Therapy.

Some of those attending, were returning students, there to consolidate previous training in Schüssler's Therapy, and others were new to the topic. Alex presided over the sessions with a practised hand and good humour. During the seminar he introduced and taught the 12 functional remedies, aided by slide presentations. He encouraged questions – and there were many! – and answered all. Each salt topic then led

to one-on-one facial diagnosis practice, with students studying and diagnosing each other's faces. Alex took time overseeing us, which was a great aid to understanding it properly, and then discussing the best ways to supplement the deficiencies we observed.

Sunday rolled around, and those of us doing the exam were getting nervous. There was SO much information we'd heard, how on earth would we be able to remember it? The clock was started, and heads bent over test sheets. The returning students, exam passed successfully in previous seminars, continued with Ales, learning more on the supplementary remedies #13-25 while we worked on the balcony. Several times, as promised, Alex was on hand to check on progress, soothe panic attacks, and give reminding pointers to jog our memories. What a relief it was to hand our completed papers in, and not long after, hear that we had passed! Just as good, our diplomas were in the mail in just a few days. Just quietly, they are quite beautiful!

I, personally, really enjoyed the 4-day seminar, and the opportunity to learn about Schüssler's remedies face to face. The days were intensive, but also relaxed, and the joy of meeting and mixing with other passionate practitioners was very real. The seminar was a wonderful introduction to a modality that demands and deserves ongoing research.

Thank you, Alex, and Biochemic Remedies, for presenting the opportunity and for 'holding our hands' while we learn about Schüssler's wonderful means to GOOD HEALTH.

L.C. Practitioner

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