

Schüssler Express

#101



INTESTINAL HEALTH WITH SCHÜSSLER-SALTS

ADVICE BY NUTRITIONAL EXPERT SILKE RIEDL

The sunshine gets warmer, nature around us awakens – and many people also experience the spirit of optimism. They want to shed the sluggish winter mood and want to do more for their health – by exercising and mainly a diet rich in vital substances. Because it is the intestine which, as a central switch point, mostly controls immune function and performance. After weeks of heavy foods and not enough vitamins and activity, the intestine is in need of regeneration and care.

As soon as spring arrives a switch seems to be activated in the head and also the stomach. Instead of typical winter meals we are looking forward to salads, fruit, lighter meals. This is certainly great to get rid of some accumulated winter flab that has settled at the hips. But now, light nutrition is particularly important to relieve the intestine and spruce up the energy balance.

In the intestine the bolus is taken to pieces, nutrients are absorbed and transported into the bloodstream, and non-utilisable matters is excreted. A healthy bowel function is vital for the immune system, and gut health also has a strong influence on our well-being. However, after a period of one-sided and rather heavy foods including lots of sweets, the intestine is often stressed. Consequently, the mineral- and vitamin depots are empty.

An alkaline, plant-based focused diet with mainly vegetables as well as drinking cures including soups and herbal teas provide relief. This is good for the intestinal tract and supplies the body with all necessary vitamins and minerals. Lots of dietary fibres of raw, cooked, and fermented vegetables “feed” the healthy

gut bacteria. The ensure for a healthy microbiome and a better wellbeing.

Relieve the Intestine

An ideal support are Schüssler-Salts. The therapy, established by the German physician Dr Wilhelm Heinrich Schüssler (1821–1898), with specially triturated mineral salts helps the organism to correctly absorb and utilise these essential nutrients again. According to Schüssler, the cells gain momentum and the body’s regeneration in springtime is boosted.

Because, metabolic waste material, deposited in the connective tissue between the cells is stored like in a sponge and not so easily released. This may block excretion and facilitate inflammations. Schüssler-Salts assist to undo those knots; they mobilise liver and metabolism, stimulate excretion and therefore have a positive effect on the intestinal function and digestion.

A Schüssler-Trio builds up the Bowel

The intestinal course of treatment with Schüssler-Salts No. 4 Potassium chloride 6X, No. 9 Sodium phosphate 6X and No. 10 Sodium sulphate 6X have a cleansing and constructive effect. In Schüssler’s therapy all three salts are deployed to strengthen the intestinal mucosa and support bowel function.

Efficacy of Salts

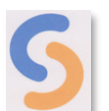
No.4 Potassium chloride: The salt for the mucous membranes is used to strengthen the intestinal surface. It assists in inflammations of the mucous membrane,

Disclaimer – Every effort has been taken to ensure that the information provided complies with current Institute practices and knowledge at the time of going to press but should not be considered as a replacement for competent medical advice. The reader retains responsibility for whatever actions they may or may not take. The author and publisher do not assume liability for possible damage or injury resulting from the practical advice offered in the publication.

The Institute of Biochemic Medicine (Asia Pacific) is a branch of the German Association of Biochemistry, founded at Oldenburg (Germany) in 1885

www.biochemic-remedies.com.au
www.biochemie-online.net

© Copyright



Schüssler Express

#101



supports glandular activity and detoxification. Furthermore, it has a levelling effect on the fluid balance, stimulates protein- and carbohydrate metabolism.

No.9 Sodium phosphate: The salt for the metabolism has a regulating effect on the acid-base balance. It supports the decomposition of acids, regulates fat metabolism, and also assists in case of heartburn and gastric acidosis.

No.10 Sodium sulphate: The salt for inner cleansing supports excretion. It helps to transport excess fluid from the body and strengthens excretion via liver and gall. Harmful decomposition- and metabolic products are better discharged.

Dosage and Duration of Application

For four to six weeks take two tablets – tablets to be dissolved in the mouth – as follows:

- Mornings - No.10 Sodium sulphate 6X
- Lunch - No.4 Potassium chloride 6X
- Night - No.9 Sodium phosphate 6X

Further Expert-Advice for the Intestine

- Bowel care requires dietary fibres. 30 g a day is recommended; most people consume just 20 g. and yet fibres from vegetables, fruit, legumes and dried fruit, whole grain, linseed, bran, and nuts are very essential, as they accelerate the intestinal passage and are fodder for the “good” intestinal bacteria.
- Omega-3 fatty acids, contained in high-fat saltwater fish, avocado, and linseed oil, improve the microbiome and arrest inflammations. Fresh herbs and spices such

as caraway seed, fennel or coriander act anti-convulsive and digestive.

- Make sure to chew all meals slowly and thoroughly. By doing so, less air is swallowed and there are less putrefactive substances. Besides, the bowel needs less energy for digestion.

About Silke Riedl

Silke Riedl is a qualified pharmaceutical technician and naturopath with her own practice in Germany. She focuses on nutritional advice, bowel rehabilitation, food intolerances, as well as Schüssler-Salts and homoeopathy. Furthermore, she conducts seminars on curative- and base-fasting; she is a lecturer in complementary medicine.

German Association of Biochemistry

Did you know... SARDINES

Sardines are small, oily fish that can be eaten whole. Given that the organs are usually the most nutritious parts of an animal, it's not surprising that whole sardines are very nourishing.

They contain a small amount of almost every nutrient your body needs. They are rich in **calcium, iron, selenium, protein, vitamin B-12, and omega-3 fatty acids.**

Omega-3 fatty acids help prevent heart disease due to their anti-inflammatory properties. They also reduce the risk of blood clots and lower blood pressure. Furthermore, they may help protect those who've had a heart attack in the past.

In Summary

Small, oily fish like sardines are usually eaten whole, so you consume the organs, bones, and other nutritious parts. They contain a little bit of almost every nutrient you need

Disclaimer – Every effort has been taken to ensure that the information provided complies with current Institute practices and knowledge at the time of going to press but should not be considered as a replacement for competent medical advice. The reader retains responsibility for whatever actions they may or may not take. The author and publisher do not assume liability for possible damage or injury resulting from the practical advice offered in the publication.

The Institute of Biochemic Medicine (Asia Pacific) is a branch of the German Association of Biochemistry, founded at Oldenburg (Germany) in 1885

www.biochemic-remedies.com.au
www.biochemie-online.net

© Copyright

