

# Schüssler Express

#102



## SPRINGTIME – COURSE OF TREATMENT WITH SCHÜSSLER-SALTS

Spring... Nature awakens - there is new growth and new life. After winter with sumptuous meals and short days, our body welcomes the vitality, spirited freshness, and abounding energy. The right moment for a Schüssler-Springtime-Cure. Because an active metabolism and equilibrated mineral balance support detoxification and purification, make us cheerful and productive.

Who does not know it – Springtime Fatigue? During winter our body was busy with storing. We have accumulated winter flab. And waste matters have collected in the cells and tissues. They impair our bodily powers and hamper the intake of new energy. Excretory processes get blocked, inflammations are fostered, and digestion is troubled.

### Spring is Fasting Period

To stimulate the body (and mind) again, people used to fast for millennia. Religious fasting in Christendom between Ash Wednesday and Easter equally aims at doing so as the modern interval fasting. The health enhancing effect on the metabolism makes it so popular, not to forget the associated weight loss. Furthermore, fasting cleanses the blood and reconstructs it.

Liver and gall bladder operate at full stretch in spring. A weakened liver is unable to fulfil this maximum demand. This affects other organs. Thus, lots of people experience digestive problems in spring. Numerous problems are connected to the liver metabolism, which again influences the composition of bile. Many people sense an active liver between 1 am and 3 am, while

waking up, needing to go to the toilet, or have bad dreams. Often feeling tired or irritable can also be indicator of a seasonal strain of the liver. Too much bile in the blood is often also the inexplicable cause of itching or skin diseases.

### Spring-Cure according to Dr Schüssler

Apart from a healthy diet and adequate exercises, Schüssler-Salts support the spring-cure. The mineral No. 5 Potassium phosphate 6X is the biochemic salt for nerves and mind. As the most important inorganic cell salt it is a vital nutrient for brain, nerves, and muscles. Furthermore, it has a relaxing effect on occurring irritability or symptoms of fatigue. No. 9 Sodium phosphate 6X, the salt for the metabolism occurs almost everywhere in the body. It facilitates acid decomposition and ensures a balanced acid-base balance. Schüssler-Salt No. 10 Sodium sulphate 6X stimulates the excretion of excess fluid via kidneys and bladder and thus, as the salt of inner cleansing, has a drainage function.

Dr W.H. Schüssler (1821-1898) paid attention to the scientific findings of his time and concluded that, body cells require certain, specifically processed mineral salts for a healthy functioning. He named the 12 “Salts of Life” biochemic functional remedies – nowadays known as Schüssler-Salts. Their special preparation ensures the immediate absorption via the mucous membranes of mouth and throat and a speedy transport into the bloodstream.

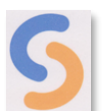
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The Institute of Biochemic Medicine (Asia Pacific) is a branch of the German Association of Biochemistry, founded at Oldenburg (Germany) in 1885

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### Adjust the Diet

Our diet plays a crucial part during the spring-cure – avoid overeating and malnutrition. If possible, use lots of fresh herbs. Eat fresh fruit and salads. Indulge in fresh, steamed vegetables and easy digestible side dishes. Reduce animal protein or avoid after 3 pm. Give preference to untreated food. Chlorophyll from green fruits and vegetables such as dandelion, parsley, or nettle, promote the cleansing function of the body. Additional sensible and supportive measures for a spring-cure are purification spas, mud baths, detoxification teas, exercise in fresh air, and liver compresses. And finally, drink approximately 2 litres of good spring water.

Limitations toward a special diet should always be discussed with the GP. Fluid retention, intolerances, or certain pre-existing conditions could influence detoxification.

*German Association of Biochemistry*

### DRUGS – INTERACTIONS

#### Herbal supplements and Eliquis (Apixaban)

Certain herbal supplements are known to reduce the effects of Eliquis. St John's wort can reduce the amount of Eliquis in your system, ultimately making the drug less effective. Therefore, we recommend you stop taking St John's wort while taking Eliquis.

Another common herb that could hinder the results from Eliquis is turmeric. Turmeric is a common herbal supplement because of its anti-inflammatory properties. Since several anti-inflammatory medications interact negatively with Eliquis, doctors generally advise patients not to take them while using the drug.

#### Alcohol and Eliquis (Apixaban)

Drinking alcohol (especially binge drinking) is incredibly dangerous while taking Eliquis. The alcohol can amplify the side effects, such as excessive bleeding, and lead to severe health problems. Moderate drinking (one drink per day) won't likely cause any issues. However, it is strongly recommended that you do not drink while taking this medication.

#### Eliquis and Food Interactions

**Grapefruit:** The only food that seems to have a negative interaction with Eliquis is grapefruit. Studies show that if you consume grapefruit or grapefruit juice while taking Eliquis, you have a higher chance of experiencing bruising or bleeding.

*Source: Manufacturers*

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

Now available

### Mineral-Cream-Blends

For Skin- and Body Care, with essential Minerals and valuable nourishing Oils

A – Acne	Ge - Face
E – Eczema	N - Neurodermatitis
G – Joints & Muscles	V - Veins

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