

# Schüssler Express

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## SCHÜSSLER-SALTS FOR SKIN AND HAIR

*With an expanse of ca two square metres the skin is the largest human sensory organ. It provides protection, circumscribes the body outwardly, but at the same time is exposed to the environment. We perceive temperature, pain, pressure, and sensory impressions via the skin. Caressing touches of the skin triggers blissful emotions and conveys mental relaxation and deep well-being. The skin also provides protection by repelling pathogens. Simultaneously, it radiates health, beauty, and attraction. However, it can also clearly signal signs of illnesses. – “Hair and skin are the window to the soul”. An unwell psyche can quickly have a bad impact on the skin. We also experience, how negatively perceived events can affect hair and skin for instance, cold sweat, blush, or scratch marks (because we want to go ballistic). The skin is able to release metabolic products outwardly.*

**Therefore, the excretory organs kidney, intestine, and lung should always be contemplated under the aspect of skin function.**

The body always reacts via the skin when those excretories are overcharged. Thus, the skin provides a vital bridge to other large excretory systems. Additionally, the body's fluid-, and heat balance is regulated by the sweat production.

### Balanced Diet for Skin and Hair

Malnutrition unmistakably leaves its traces on the skin. Minerals are especially vital for a healthy skin. The body should be able to draw the required amount of minerals from predominantly plant foods. However, today's "modern", lifestyle and diets hardly contain energized and organic minerals. Thus, the body is increasingly forced to fall back on its mineral depots in order to maintain the acid-base balance and neutralise toxins. This mainly happens through depletion of minerals (calcium and magnesium) from the bones.

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### Schüssler-Salts for the Skin

- **No.2 Calcium phosphate 6x:** regulates the basic function; stabilises the cell membrane in allergies and catarrhs; regulates the ratio between dissimilation and assimilation e.g., neurodermatitis rashes with whitish-yellow scabs; blister rash with serous secretion. – 1-2 tablets 3-times daily (dissolve in the mouth), or 5 tablets dissolved in warm water (in the morning).
- **No.6 Potassium sulphate 6X:** regulates the basic function (skin remedy); furthers cell detoxification and excretion; epithelium protection in all skin diseases with increased scaling (mainly yellow); brings oxygen into the cells; pruritus a sign of skin reaction as part of increased detoxification via the skin. – 1-2 tablets 3-times daily (dissolve in the mouth), or 5 tablets dissolved in warm water (in the evening).
- **No.7 Magnesium phosphate 6X:** itching (skin reaction) as sign of detoxifying disorder; increased pain sensitivity of the skin. – “Hot Seven” (5-10 tablets dissolved in hot water and sipped slowly) several times a day (important before bedtime).
- **No.8 Sodium chloride 6X:** moisture regulator; regulates acid-base balance; improves cellular irritability; improves nurture; for all inflammatory skin diseases; blister formation (e.g. herpes simplex, aphtha); dry skin with lacerations. – 2 tablets 3-times daily (dissolve in the mouth).
- **No.11 Silica 12X:** canalises the connective tissue; moistens the tissue (itching due to dry skin); fosters nourishment of the skin; tendency to suppuration of the skin; itching in old age; pallid skin, cold skin, dry skin, fissured skin. – 2 tablets several times a



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day (dissolve in the mouth), or 5-10 tablets dissolved in warm water (in the evening).

### Vitiligo (Skin Depigmentation)

- **No.4 Potassium chloride 6X:** morning and afternoon 3 tablets
- **No.6 Potassium sulphate 6X:** evening 5 tablets
- **Cream No.4 and No.6:** apply cream No.4 on the white areas, and cream No.6 to the brown areas
- Liver compress with cream No.6 and No.10 in alternation

### Schüssler-Salts for Hair and Nails

#### Hair-Cure

- **No.1 Calcium fluoride 12X:** brittle hair; gives strength and tonicity; formation of hair through bonding of keratin; give hair shine and firmness; improves nourishment of the scalp. – 1-2 tablets 3-times daily (dissolve in the mouth), or dissolve 6 tablets in warm water (before breakfast).
- **No.5 Potassium phosphate 6X:** regenerates and nourishes the cells and tissue; remedy for cell preservation; anti-degenerative effect; improves nourishment of scalp (important in alopecia areata); nutrient for hair root; underperformance of the endocrine system (endocrine glands). – morning and afternoon 3-5 tablets dissolved in warm water, or 2 tablets 3-times daily (dissolve in the mouth).
- **No.8 Sodium chloride 6X:** improves nourishment of the scalp; moisture regulator; in case of dandruffs (seborrhoea aleosa); supports cell formation; supports mineral metabolism; supports adrenal glands; strengthens the blood; a deficiency causes scaling of the scalp. – mornings and noon dissolve 3-5 tablets in warm water, or 2 tablets 3-times daily (dissolve in the mouth).

- **No.11 Silica 12X:** brings shine to the hair; improves structure; nutrient for the skin; promotes absorption of vitamins and minerals. – at night dissolve 5-10 tablets in warm water and sip slowly.
- **Cream No.1, No.2, No.8:** alternately massage into the scalp and hair tips – for instance in the evening, or ½ hour prior to hair washing

#### Nail-Cure

- **No.1 Calcium fluoride 12X:** formation of finger-, and toenails by the bonding of keratin; fosters elasticity. – Mornings, dissolve 5 tablets in warm water and drink as a “Hot 1”, apply cream No.1.
- **No.2 Calcium phosphate 6X:** tonic for finger-, and toenails; improves and strengthens nail structure. – Mornings, 2 x 2 tablets (dissolve in the mouth).
- **No.8 Sodium chloride 6X:** in case of very dry and brittle nails; improved moisturisation and nutrient supply. – During the day 2 x 2 tablets (dissolve in the mouth), apply cream No.8.
- **No.11 Silica 12X:** increases vitamin-, and mineral absorption from foods. – at night dissolve 5 tablets in warm water and drink as “Hot 11”, apply No.11 cream.

### Disrupted Excretory Function of the Skin

#### Schüssler's General Treatment Concept

- **No.1 Calcium fluoride 12X:** mornings dissolve 5 tablets, 3 x 2 tablets during the day (dissolve in the mouth), apply cream No.1.
- **No.3 Ferrum phosphate 12X:** 3 x 2 tablets during the day (dissolve in the mouth).
- **No.6 Potassium sulphate 6X:** in daily alternation with No.10 Sodium sulphate 6X – early evening dissolve 5 tablets.

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- **No.11 Silica 12X:** at night dissolve 5-10 tablets, apply No.11 cream.

1 x 5 tablets dissolved in water, or 3 x 2 tablets dissolved in the mouth.

### Schüssler-Salts for the Skin and Blood

A defective formation of blood is also noticeable on the skin. Paleness, allergy, susceptibility to infection, tendency to dermatophytes, skin tags (warts, mainly of viral nature), erysipelas, etc. A worthwhile therapeutic approach:

#### No.2 Calcium phosphate 6X

- Improves strength of blood and has a constitutive effect
- Constitutional remedy and roborant
- Anaemia
- Anaemic syndrome

#### No. 3 Ferrum phosphate 12X

- Effective on the blood readying, and -forming system
- Oxygen transmission
- Involved in oxidative processes
- Anaemia

#### No.5 Potassium phosphate 6X

- Generator and energy supplier of cells and tissue
- Anaemia after emotions

#### No.8 Sodium chloride 6X

- Blood dilution
- Haemoconcentration
- Anaemia

#### No.11 Silica 12X

- Improves assimilation of vitamins, minerals, and trace-elements
- In case of raised blood viscosity
- Vasomotor disorders with fluctuation from heat and cold

The appropriately selected Schüssler-Salts in connection with skin/blood are administered daily; either

### Conclusion

Naturally, apart from the Schüssler-Salts-Therapy, the treatment can also be supported and accompanied by nutrition advice, stool tests, etc.

The skin as mirror of the soul, as a non-precious organ, will thankfully accept. A long-term treatment should be targeted.

***What the lung cannot excrete,  
the intestine has to.  
What the intestine cannot excrete,  
the kidney has to.  
What the kidney cannot excrete,  
the skin has to.  
What the skin cannot excrete,  
leads to Death.***

*Chinese proverb*

### The Skin-Salts and -Creams in Summary

- ❖ Dry skin: No. 8, also cream
- ❖ Lip care (cracked and dry): No. 8 cream
- ❖ Cracked-inflamed lips: No.3, also cream
- ❖ Pruritus, caused by bile: No. 10, also cream
- ❖ Pruritus due to warm bed: No. 7, also cream
- ❖ Rough and sensitive skin: No. 11, also cream
- ❖ Skin in need of care: No.2, also cream
- ❖ Cracked and chapped skin: No.1, also cream

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