

Schüssler Express

#104



What belongs into the luggage?

SCHÜSSLER-SALTS FOR THE TRAVEL FIRST-AID KIT

Summer is here, holidays are not too far away, and the longing for a vacation is immense. No matter where your travels take you – long-distance or staying closer to home – a well-equipped travel first-aid kit is certainly sensible. Pharmacist and naturopath Hans Wilhelm explains what important, and how natural remedies such as minerals according to Dr Schüssler assist.

“I pack my suitcase and take...” – this classic memory game easily shortens the time for children on long car journeys. Toothpaste, teddy bear, or sunscreen come into the imaginary luggage in a jiff. But in real life? Unfortunately, we don't always think of everything, for instance a good emergency first-aid kit.

Of course, it depends on the destination and climate zone. And naturally other things are required when staying in a hotel or resort, than on a trekking holiday with tent and backpack. But nevertheless, some standards for a travel first-aid kit should always be considered. Besides the personal medications, dressing material, band-aids, tweezers, as well as disinfectants for wound cleansing should also be taken.

Ideal for the travel first-aid kit are also minerals according to Dr Schüssler. The salts are easy to use and very well suited for the treatment of numerous health issues. As with a key-lock principle they act as a door opener for the cells and ensure for an optimal absorption and utilisation. This way Schüssler-Salts stimulate the self-healing powers and harmonise the entire organism.

Here are a few examples how they are applied to possible problems on vacation.

Against Mosquitos and the like

Insect bites of flying object like mosquitos or wasps for instance can be painful and can cause swellings and itching. Apart from cooling the area, No. 4 Potassium chloride 6X – 1 tablet every 10 minutes dissolved in the mouth – and additionally the application of No. 4 cream is recommended. In case of severe redness, No. 3 Ferrum phosphate 12X helps to reduce inflammation. Hans Wilhelm stresses that, all allergic reactions, and bites in the mouth- and nose area demand immediate medical assistance!

When the Digestion is on Strike

A classic issue during travels are digestive problems. For stomach-aches No. 9 Sodium phosphate 6X can assist in regulating the acid-base balance and reducing aches or bloating. Those who suffer from constipation can stimulate the sluggishness of the bowels by taking No. 10 Sodium sulphate 6X. When unaccustomed foods cause spasmodic abdominal pain, No. 7 Magnesium phosphate 6X acts calming. Taken in form of a “Hot 7” has proven beneficial (dissolve 10 tablets in a cup of hot water and sip slowly).

Assistance for the Skin

Hans Wilhelm reminds how important sun protection is. Sun worshippers should start slowly and allow the skin to get accustomed to the solar radiation. Because

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without protection the most exposed body parts like forehead, nose, shoulders are quickly hot and red. In any case, cooling compresses are helpful. Salt No. 3 Ferrum phosphate 12X is the emergency remedy – it helps to alleviate pain and an incipient inflammation. In addition, No. 3 cream can be applied.

Salt No. 6 Potassium sulphate 6X supports skin regeneration, and No. 8 Sodium chloride 6X regulates the fluid balance of the cells. Take one tablet of each salt in ½ hourly alternation. In case of sunburn and light burns, prepare a paste from 10 tablets each of No. 3 and No. 8 with a little water and apply externally to the affected parts. Later, for a better regeneration sparsely apply No. 6 cream to the skin.

A holiday at the sea in particular can cause sensitive reactions of the skin – it is often dry and itchy. Salt No. 8 Sodium chloride 6X can help to soothe the delicate organ and readjust the fluid balance.

Pain, pain, go away!

Whether because of awkward posture during a longer drive, physical exertion due to unfamiliar sporting activities, or change of weather, our body often reacts with painful tensions in such situations. Here, Schüssler's therapy provides a very effective acute remedy, namely salt No. 7 Magnesium phosphate 6X. This remedy has a calming effect on muscles and nerves and assists problems from aching muscles via headaches up to nightly calf cramps. In acute situations take one tablet every 15 minutes (dissolve in the mouth) or administer as a "Hot 7".

*Hans Wilhelm
(Pharmacist & Naturopath)
German Association of Biochemistry*

Did you know...

Caution should be considered when using Ibuprofen as it can cause bleeding in the stomach or intestines without obvious warning signs. This could potentially have devastating consequences, so it's important to be aware of the risks before starting treatment. Combining the drug with certain health supplements, for instance, could trigger bleeding in the brain and cause a stroke.

Many people regularly take supplements in their daily lives. Whether using them to treat symptoms of a specific condition or as a "top up" on their diet, in the belief they can help you stay healthy. However, they are not tested in the same way as prescription medicines and certain combinations could have the opposite effect.

Ginkgo biloba is used to boost cognitive function, soothe bladder infections, and increase sexual energy but taken in conjunction with Ibuprofen it can lead to an increased chance of "bleeding". A problematic component of the plant is "ginkgo toxin", found both in ginkgo seeds and to a lesser extent in the plant's leaves.

Another "popular supplement" is fish oil, often taken in capsule form to boost omega-3 levels. This can help your body in several ways including keeping your heart healthy and reducing inflammation. BUT: Fish oil is also **a natural anticoagulant**, meaning it can prevent blood clotting. And therefore, it can be risky to take with other supplements.

Consultant Dr Stephanie Baker warns against taking it with ginkgo biloba supplements. "Fish oil is a fantastic supplement which is great for cognitive and heart health, whilst ginkgo biloba is also used for its brain boosting benefits. "However, they are **both blood thinners** and when taken together, may increase the

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chances of uncontrollable bleeding or inability for blood to clot. **"This is especially important to avoid for anyone taking blood thinning medication."**

Other supplements and extracts to avoid when taking blood thinning medication are GINGER and VITAMIN E for their blood thinning properties.

Having thin blood not only makes you prone to heavy bleeding but also being easily bruised.

These weren't the only supplement combinations one should have concerns for – "St John's Wort" is a popular supplement used to help support the nervous system, and it is a natural alternative to help tackle anxiety and depression. BUT: If you are taking anti-anxiety medications like Selective serotonin reuptake inhibitors (SSRIs), it is dangerous to supplement with St John's Wort.

*Source: NHS (National Health Service) UK
Consultant Nutritionist Dr Stephanie Baker*

Did you know...

Natural sources of **Potassium** include:

- Bananas
- Melons
- Oranges
- Apricots

100g of banana contains 358mg of potassium, whereas the same amount of melon has 267mg.

100g of oranges has 181mg of potassium and apricot contains 259mg.

However, dried apricot is more potassium-rich, with 100g containing 1,162mg.



**Wishing you a Joyous Christmas
Safe & Healthy New Year**



Thank you for your continued interest.

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