

Schüssler Express

#105



GREAT RESOLUTIONS?

REDUCE WEIGHT EASIER WITH SCHÜSSLER-SALTS

“Do more for one’s Health” and “reduce weight”, are the most common New Year’s resolutions. It is well known this is anything but easy to implement those permanently. Experts recommend approaching big goals through small intermediate targets and start at the “basis”. A fundamental thought that would also please Dr W.H. Schüssler (1821 – 1898) – he developed a special mineral therapy which is aimed at restoring the equilibrium in the body on cellular level. Schüssler-Expert, Yoga teacher and naturopath Sigrid Molineus, explains how this therapeutic system can support good weight-loss intentions.

Fitness centres, diets, and detox challenges are generally in high demand at the beginning of a new year. However, motivation is often short-lived, and the successes are either minimal or evanescent. This may be due to the enormity of the plan, circumstances, time; but mostly deep-seated habits and an approach without or insufficient knowledge of the success factors and vital basics are the reason. Many people wish to lose weight in a few weeks without knowing what really is required by the body and also for the strategy. Health expert Sigrid Molineus advises a steady, holistic health approach instead of one-sided radical diets, which only entail the yo-yo effect. She recommends a mixture of locomotor program, change or adjustment of diet, and additional measures. To stimulate metabolism, she has achieved good results with the Schüssler-Salt-Therapy.

Cells in Balance – Person in Balance

Often the body is unable to optimally absorb minerals, even when adequately supplied through food or, if

absorbed, they may not be correctly utilised on a cellular level. Thus, it is essential to boost cell metabolism so that the body is able to absorb and utilise the minerals. Here, the specially processed Schüssler-Salts have particular functionality: According to the stimulus- and regulation principle the salts give the body or rather the cells gentle impulses. This activates the self-healing powers and cell metabolism.

Dr med W.H. Schüssler, developed a health understanding, quiet revolutionary for his time. He realised that in certain diseases often specific minerals were absent in the body – and this even on cellular level. For him a balanced cellular mineral balance was the key to health. From a present-day perspective it is clear that cell metabolism plays vital part in health. Problems such as stubborn overweight are ultimately a sign that something is imbalanced in the body. The Schüssler-Salt therapy is often able to assist in restoring or improving the equilibrium.

Which Schüssler-Salts can support Dieting

Part of the traditionally used salts in respect of weight-loss are first of all cell salts No. 5 Potassium phosphate 6x, No. 9 Sodium phosphate 6X, and No. 10 Sodium sulphate 6X. Schüssler-Salt No. 5 is applicable when the dieting dampens the mood – it has the surnames “Salt for Nerves and Psyche”. Sodium phosphate (No.9) plays a vital part on the acid-base balance in the body and is also referred to as the “Salt of the Metabolism”. Salt No. 10 Sodium sulphate assists the draining and channelling of fluid accumulations in the body. Thus, it is also called the “Salt for inner Cleansing”. Often these

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three minerals are combined in a course of treatment. The general dosage recommendation is 2 tablets of each salt:

- Morning: No. 10 Sodium sulphate 6X
- Noon: No. 5 Potassium phosphate 6X
- Evening: No. 9 Sodium phosphate 6X

An excellent additional mineral is Schüssler-Salt No. 6 Potassium sulphate 6X – therapists gave it the epithet “Salt for Purification”, as it supports the excretory processes on cellular level.

In regard to the individually optimal administration and combination of minerals, it is best to consult a therapist. Professional advice also helps to avoid a possible “detoxification-glut”, which can cause headaches for example. This way it makes it easier to stay tuned to the goal.

When Stress also pushes on the Scales

What Dr Schüssler certainly couldn't imagine is the extent of stress we are exposed to nowadays. Stress plays a big part in the regulatory capacity of the body, particularly the emotionally felt stress. Today it is more evident than 200 years ago, how closely body and soul are connected and interact. Excessive, and especially permanent stress has a negative influence on many metabolic processes in the body: When a person is in fight or flight mode, energy is taken from the digestive-, and repair mechanisms in the body. The consequence: Fat pads and metabolic waste accumulate, which again impair other body systems – for instance the hormonal balance.

From where we stand, stress reduction plays an integral role in the desire to lose weight permanently and all in all live healthier. Yoga for instance has proved to be successful. It is able to restore the internal as well

as external balance. For many people yoga, as a form of “meditation in motion”, is a good method of exercising without getting into performance mode and thus stress again. Rhythm and conscious recesses are essential for the human being in order to remain healthy in perpetuity.

A hint: “Digital-detox” – the conscious withdrawal from the digital stream of information. This means, switch off the mobile, don't read mails, ignore the tablet. This withdrawal can help to step out of the rat race of thoughts and habits. Best to use this time for a rewarding hobby, and good new habits – for example daily walks, cooking, etc. Those who give themselves a treat will, together with the Schüssler-Salts, remain faithful to their resolutions much longer and thus ensure a clear feelgood plus.

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