

# Schüssler Express

## #107



## SCHÜSSLER-SALTS FOR CHILDREN

### PAEDIATRICS / DIGESTION

Part II

#### Intestinal-Treatment

##### Treatment after Antibiosis

- No.9 Sodium phosphate 6X
- No.8 Sodium chloride 6X
- No.11 Silica 12X
- No.12 Calcium sulphate 6X (cleansing of intestinal villi)

Each salt 1 x 5 tablets (dissolved) daily. Cream No.12 applied to the abdomen at night.

Duration: 6 weeks (repeat if necessary)

##### Treatment during Antibiosis

- No.6 Potassium sulphate 6X

Ca 4 hours after taking an antibiotic, 1–3 tablets, possibly twice a day.

Assists intercellular cleansing, particularly of the liver tissue.

Administration: at least 3 weeks

#### General Intestinal-Treatment

To strengthen the intestine, also in case of food intolerances, allergies, and strengthening of the immune defence.

- **Morning:** No.2 Calcium phosphate 6X stabilises the cell membrane
- **Mid-morning:** No.4 Potassium chloride 6X regenerates the bowel mucosa.
- **Evening:** No.9 Sodium phosphate 6X supports metabolism
- **Around 2pm:** No.10 Sodium sulphate 6X facilitates excretion.

No. 5 Potassium phosphate 6X for putrid gases/wind – if necessary, administer additionally.

Each salt 2–5 tablets (dissolved) per day, at the times indicated.

In case of pain or colics, administer “Hot 7” (Magnesium phosphate); plus, gently apply cream No.7.

#### Vomiting and Diarrhoea / Diarrhoea / Gastroenteritis / Gastrointestinal Catarrh

This is a nonspecific mucositis of the gastrointestinal tract. The intestinal catarrh is often acute (entire kindergartens and schools can be affected). It is often accompanied by vomiting as well as stomach-, and abdominal pain. Possible triggers are infections, transmitted by unwashed fruit, ice-cream, eggs, and also cold drinks, air conditioners, etc. As acute infections can be contagious, strict hygiene is required.

By all means, serious illnesses/infections can be behind vomiting and diarrhoea. Fluid depletion is the most threatening complication, particularly in babies and infants. Diarrhoea and vomiting occur through an oxygen distribution disorder in the intestinal villi and -musculature. No.3 Ferrum phosphate 12X is always advisable as the main remedy.

Precise determination of the stool's consistency is important for the correct selection of remedy.

#### Here is a quick Overview:

- Frothy fermentation stool, mushy-dark, putrid smell – No.5 Potassium phosphate 6X
- Watery-slimy, watery-greenish, makes sore – No.8 Sodium chloride 6X.

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- Greenish-watery, fatty-grey – No.10 Sodium sulphate 6X
- Acidic, yellowish-green, mushy-greenish – No.9 Sodium phosphate 6X
- Dark, thin, putrid, yellowish stool – No.6 Potassium sulphate 6X
- Chronic, putrid-watery – No.2 Calcium phosphate 6X
- Pulpy-grey – No.7 Magnesium phosphate 6X
- Watery-slimy – No.4 Potassium chloride 6X and No.8 Sodium chloride 6X
- Watery-greenish – No.10 Sodium sulphate 6X and No.8 Sodium chloride 6X
- Pulpy-yellow – No.6 Potassium sulphate 6X
- Flatulence pain – No.7 Magnesium phosphate 6X and No.9 Sodium phosphate 6X

### Diarrhoea in Infants

The biggest danger in case of diarrhoea of babies and infants is internal dehydration. The child's stool is green as grass:

Administer 1 tablet No.10 Sodium sulphate 6X every ¼ hour until improvement, then extend intervals.

When diarrhoea smells acidic, and stool looks yellowish green "chopped", and the tongue has a yellowish coating: 1 tablet No.9 Sodium phosphate 6X every ½ hour until improvement, then extend intervals.

**Consider possible hospitalisation!**

### Vomiting

Again and again, children with stomach bug also experience vomiting. Uncomplicated vomiting can easily be treated at home. For instance, the child vomits food because it is intolerant or unable to digest. Anxiety and emotional stress can also cause vomiting, as well as change of environment e.g., holidays and changed eating habits can be triggers.

***In case of acute vomiting with fever, the child feels ill, general health is bad, child has severe pain, and a high loss of fluids: See a doctor!***

Babies and infants quickly dehydrate without adequate fluid intake. Seek professional advice, especially when the child appears faint, drowsy, and exhausted.

#### ❖ Acidic Vomiting of Food:

¼ - ½ hourly 1 tablet No.3 Ferrum phosphate 12X until improvement, then extend intervals.

#### ❖ Vomiting of bile:

½ hourly 1 tablet No.10 Sodium sulphate 6X until improvement, then extend intervals.

#### ❖ Watery-slimy Vomiting:

¼ - ½ hourly 1 tablet No.8 Sodium chloride 6X until improvement, then extend intervals.

#### ❖ Vomiting of acidic fluids:

¼ - ½ hourly 1 tablet No.9 Sodium phosphate 6X until improvement, then extend intervals.

#### ❖ Convulsive Vomiting:

¼ - ½ hourly 1 tablet No.7 Magnesium phosphate 6X until improvement, then extend intervals. Or every 5 minutes one sip of "Hot 7" with 5 tablets.

#### ❖ Vomiting after cold drinks or ice cream:

¼ hourly 1 tablet No.2 Calcium phosphate 6X until improvement, then extend intervals.

### Constipation

Frequently, children suffer from constipation. When organic causes can be eliminated, it is mostly due to a not quite correct diet for the child.

#### It is important to look for possible causes:

1. Does the child drink enough?
2. What does it drink? Possible juices that cause constipation e.g., cherry juice can have

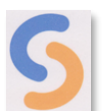
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- constipating effect on one child, whereas another child may develop diarrhoea.
3. Does the diet contain sufficient fibres in form of fruit, vegetables, wholemeal products? Or rather bloating foods?
  4. Does the child get sufficient exercise?
  5. Is the correct food being offered?
  6. Are too many new foods introduced too quickly?
  7. Does the child tolerate milk and dairy products?
  8. Perhaps too much meat?
  9. Too much sugar in the diet?
  10. Too many sweets?
  11. Does the child refuse everything fatty?
  12. Possible worms?

### Main Remedy for Constipation:

1 tablet **No.3 Ferrum phosphate 12X**, 3–5x daily. As the main remedy it is always administered in alternation with the following mentioned Schüssler-Salts:

The tongue has a white-grey coating, stool is light in colour, and the child doesn't tolerate sweets and fat very well: 3–5x daily 1 tablet **No.4 Potassium chloride 6X**.

Tendency to hard, crumbly stool covered in phlegm; diarrhoea and constipation can alternate: 3–5x daily 1 tablet **No.8 Sodium chloride 6X**.

Colic combined with hard stool and anal pain prior and after passing motion; older children sometimes complain about bloating: 3–5x daily 1 tablet **No.10 Sodium sulphate 6X**. One dose should definitely be administered at night – this helps bowel movement for the next morning/day.

Constipation with cramps: ¼ - ½ hourly 1 sip of "Hot 7" (**No.7 Magnesium phosphate 6X** 5–7 tablets dissolved in warm water) and additionally cream No.7 gently massaged into the abdomen.

Dark brown, even yellow-greenish stool, sluggish bowel movement and stool is covered in phlegm: 3–5x daily 1 tablet **No.5 Potassium phosphate 6X** (up until

3 pm). Also consider possible teething, or inflammation of the intestine.

Unsuccessful bowel movement, when the stool slips back inside, too much squeezing causes anal lacerations: 3–5x daily 1 tablet **No.11 Silica 12X**; at least one dose should be given at night.

"Stool hypochondriac" (tendency to retain stools): 3x daily 1 tablet **No.2 Calcium phosphate 6X** mid-morning.

### Tip: Applications in case of Constipation

Ensure absolute foot contact with the ground, promotes, and supports defaecation; thigh-, abdominal massage with cream No.7 Magnesium phosphate.

*Angelika Gräfin Wolfskeel von Reichenberg  
German Association of Biochemistry*

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