

Schüssler Express

#108



DR SCHÜSSLER'S MINERAL THERAPY

Those who listen to their Body, will understand their Body.

When considering a healthy lifestyle, most people focus on many things at the same time for instance, sufficient exercise, a balanced diet, adequate regeneration, and also meditation. Because health is not simply the absence of pain and illness but incorporates our entire physical and emotional well-being.

But sometimes we demand more from our body than it is used to or is good for it. This can include prolonged sitting or stress at work, poor diet, too little or too much training.

Why don't we think more sustainably where our body and health are concerned? When listening to the first slightest signals, one can strengthen the self-powers and thus not only treat the symptoms but at the same time the causes of afflictions. A vital aspect in achieving this is an optimal mineral balance in the bodily cells. Because, with a properly functioning cell metabolism our entire personality radiates.

A healthy balanced metabolism is important for the physical and emotional well-being. Healthy food, regular exercise, and enough sleep contribute to a relaxed and balanced body and soul. Relaxation techniques such as yoga, meditation, or breathing exercises can help to reduce stress and restore inner balance.

When the Metabolism falters

Sometimes the mineral balance and therefore the body's own balance simply gets tangled. One can either ride those lows out, or actively counteract and assist the body to bootstrap.

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And this is exactly the principle of Dr Schüssler's Mineral Therapy: it puts the body with its natural functions in focus, aims at strengthening the body and stimulating the self-healing powers of the organism. And this is easily achieved with the twelve mineral salts.

Treatment with Salts #3+5+7

Find your Energy within yourself!

The course of treatment with tissue salts No.3, 5, and 7 combines three so-called phosphate salts which play a vital role in our organism for energy control.

- Morning: 2 tablets No. 5 Potassium phosphate 6X
- Noon: 2 tablets No. 3 Ferrum phosphate 12X
- Night: 2 tablets No. 7 Magnesium phosphate 6X

Allow tablets to dissolve in the mouth. Follow treatment for ca 4 – 6 weeks (may be repeated).

Schüssler-Salt No.3 Ferrum phosphate 12X

The Salt for the Immune System

Occurrence in the body: Ferrum phosphate has a share in the immune system. and ensures a good oxygen absorption in the body. Iron (Ferrum) occurs in all cells of the human body, especially in the muscle cells, and is a vital component of the red haemoglobin.



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Schüssler-Salt No.5 Potassium phosphate 6X

The Salt for Nerves and Mind

Occurrence in the body: Potassium phosphate is regarded as a nutrient for the nerves. It is important for the preservation of the cellular membrane resting potential. This salt is the most essential inorganic salt of the cells and particularly vital for brain-, nerve-, and muscle cells.

Schüssler-Salt No.7 Magnesium phosphate 6X

The Salt for Muscles and Nerves

Occurrence in the body: Magnesium phosphate takes part in the muscle activity. It is essential for the transmission of nerve impulses. Thus, it has a share in natural sleep. This mineral occurs in nerve-, and muscle cells, the brain and spinal cord, as well as in a large number of internal organs.

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The Principle of Action according to Dr Schüssler

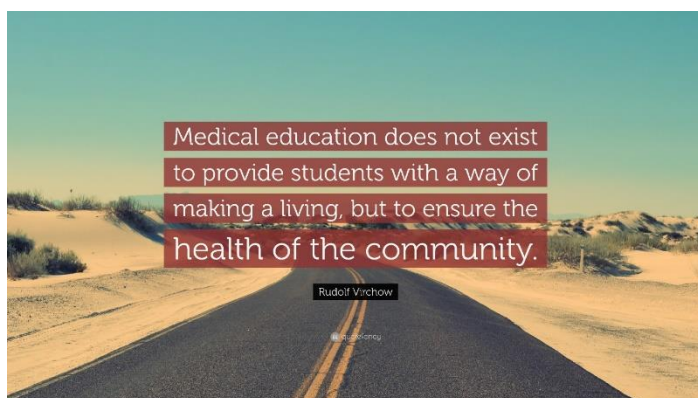
The Gentle Approach is the Goal

Due to their diversity, Schüssler-Salts are able to react to many physical and psychological problems of the body. And this in a completely natural and holistic fashion.

Because our body requires minerals which are absorbed through food and ensure that we feel healthy and fit. Although the body can sometimes absorb the minerals but is not able not optimally utilise them. As a result, the mineral balance gets imbalanced.

In accordance with the insight of Schüssler's Mineral Therapy, Schüssler-Salts exactly start at this point in order to bring the body back into balance. Because they contain elementary minerals vital for the body.

- They give the cells impulses and act like a door opener for a better absorption and utilisation of essential minerals.
- This way the self-healing powers and consequently health can actively be strengthened in a multitude of afflictions.



THE CLINICAL SCIENCE OF BIOCHEMIC THERAPY <Diploma>

18th – 21st May 2023
Ashgrove / QLD

19th – 22nd October 2023
Perth / WA

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