

Schüssler Express

#109



WHEN JOINTS ACHE...

HOW SCHÜSSLER-SALTS ARE ABLE TO MITIGATE PAINFUL JOINTS

Dancing, squatting, stretching, etc. – each form of movement is effortlessly possible for a long time. However, as one gets older the spectrum can decrease. Naturopath Simone Dahlmann-Buscher (Germany), explains why afflictions particularly occur during the colder season and how Schüssler-Salts are able to assist articular trouble.

Whilst most people feel uncomfortable in cold, wet weather, there are many who are physically affected by those weather conditions and in particular suffer painful joints. The aches can be due to muscular tensions, but often the cause is pretty much a painful osteoarthritis (arthrosis). Osteoarthritis is the most prevalent musculoskeletal disease in the world. Areas affected are mostly the back, hips, and knees, shoulders, but often also the fingers.

But why do the problems worsen in cold weather? Simone explains, “Coldness makes everything tough. It reduces the proportion as well as the function of the synovial fluids. Thus, lots of joints are literally poorer lubricated than in summer, and the friction pain increases. Tendons, ligaments, and muscles are often also not on working temperature, less supplied with blood and uptight.”

What helps Joint Aches?

Even when the weather isn't ideal, those who are able to exercise regularly will get through the colder season more relaxed. Because moderate and regular exercise is one of the most vital measures to reduce aches in

joints and prevent further arthrosis. Exercising assists a better blood supply to the joints and builds up synovia. The expert recommends to exercise at least three times a week for 30 minutes to stabilise the joints, for instance aqua aerobics, cycling, or Nordic walking.

No matter if acute or chronic problems, sauna treatments are also advantageous, as long as there is no inflammation. The alternation between cold and warm loosens tense muscles. Plus, massages relax and ease pain.

The diet is fundamentally also important when prone to joint trouble. It should largely be alkaline in order to reduce the inflammatory tendency in the body. According to Simone, a vegetable-based menu with good oils, especially omega-3 fatty acids, plenty of legumes and nuts, some fish, and only little meat has been reliable.

Mineral Salts for more Stability

Tissue Salts according to Dr Schüssler contribute to an optimal provision of the stabilising tissues, because often the body is unable to adequately absorb and utilise essential minerals when experiencing problems. With their gentle impulses, Schüssler-Salts enable self-regulation on a cellular level.

Great results have been achieved with a so-called “Schüssler-Joint-Treatment”, including salts No. 1 Calcium fluoride 12X, No. 8 Sodium chloride 6X, and No. 11 Silica 12X. **Calcium fluoride** stabilises the bones, **Sodium chloride** regulates the fluid balance

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and acts as a cartilage remedy, and **Silica** caters for firm structures in the body.

Administration and duration of treatment

For a period of 12 weeks take four tablets of each salt (tablets to be dissolved in the mouth) – No.1 in the morning, No. 8 at noon, and No. 11 at night.

Schüssler-Salt **No. 3 Ferrum phosphate 12X** is excellent for arthrosis with inflammatory tendency (arthritis). For instance, in case of swellings and redness, and often when the affected body part feels hot, Ferrum phosphate can help to calm down the inflammatory process.

In case of acute pain salt **No. 7 Magnesium phosphate 6X** will additionally mitigate. Magnesium phosphate has a relaxing effect on muscles and nerves. Administration in form of “Hot 7” (10 tablets dissolved in hot water and sipped slowly) is highly recommended for acute pain.

For a purposefully localised treatment, Schüssler-Creams have also proven beneficial. When experiencing pain lots of people also want to use external applications. Thus, the additional massage effect by gently applying the creams to the joint is simply therapeutic. Redness often reacts well to cream No. 3, and cream No. 8 can be used when the afflictions get worse in damp and cold weather.

Home Remedies for Pain

Everyone has to decide for themselves if warm- or cold applications are better. For inflammatory arthrosis cold treatments mostly mitigate the complaints; best in form of cold affusions or a curd cheese poultice – apply cold curd cheese generously to the joint, wrap with a cloth and rest until the curd cheese has dried. Then

wash off and repeat three times daily. If there is no acute inflammation heat treatments are effective. They dilate the vessels and improve the nutrient supply to the cartilage. Nice warm baths with rosemary or lavender are also therapeutic, as are inunctions with bee venom or capsicum for a deep tissue warming.

*Simone Dahlmann-Buscher
German Association of Biochemistry*

The Clinical Science of Biochemic Therapy (Dr Schüssler)

<Incorporating Facial Diagnostics>

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For further Information contact:

The Institute of Biochemic Medicine (Asia – Pacific)

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