

Schüssler Express

#110



MENOPAUSE – A SPECIAL TIME

By supporting various metabolic areas, Schüssler-Salts are a great option in providing us with good constitutional assistance through all phases of life. With the help of these remedies, we are able to prevent many afflictions. Facial diagnostics, according to Hickethier, is an excellent tool to determine the required minerals.

In our culture, menopause is often associated with the decline of sex hormones. Consequently, the treatment involves conventional or naturopathic remedies that have an effect on the hormone level. Interestingly, the hormone level in women also varies after menopause – on a lower level as before. It is noticeable that stress is a distinct hormone killer.

Chinese medicine however does not mention hormones which is actually not surprising, as hormones were only discovered at the start of 20th century. The proceedings during menopause are rather deduced from the functions of the meridians and natural developmental processes.

The Yang Ming – in simple terms “alimentary power”, already reduces at the age of 35. The “withering” of the face and the onset of grey hair happens around 42 years of age and is connected to the loss of the Yang-energy which ascends to the face. Already from the age of 35 we could start with the “nurturing of life” to keep digestion and regeneration in good shape.

Strengthening Digestion

No. 4 Potassium chloride 6X strengthens the digestion. In combination with No. 2 Calcium phosphate 6X the blood constitution is supported.

Phosphate-containing Schüssler-Salts facilitate the energy, especially salts No. 2 Calcium phosphate 6X, No. 5 Potassium phosphate 6X and No. 3 Ferrum phosphate 12X.

According to Chinese medicine menopause in a woman starts at 49 years of age and the reproduction energy is no longer on hand. The hormone levels reduce. Symbolically we could refer to “late summer”. Energy that was needed for reproduction is now available for mental development. However, the body is no longer as capable of regeneration as previously. When it was previously possible to balance constitutional tendencies with existing plethora, they now become manifested more distinctly.

Therefore, women have to learn to remain in balance. It becomes more important to adhere to phases of activity and regeneration.

Course of Treatment for Vegetative Compensation

During the day we use “active”-, and at night “relaxing” salts.

Morning: 5 tablets of No. 2 Calcium phosphate 6X

Noon: 5 tablets of No. 5 Potassium phosphate 6X

At night before bedtime: 10 tablets of No. 7 Magnesium phosphate 6X

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Tip: Hormone Yoga...

...strengthens vitality and verifiably increases the oestrogen level. Reverse yoga poses can achieve calming in case of insomnia. A simple pose – place the pelvis on a cushion and put the legs up against the wall – should be held for ten minutes before bedtime.



Various problems can occur in the transition period, which later will adjust. Performance dip, sleeping disorders, hot flushes, night sweats, sombre mood, vaginal dryness, sometimes also heart palpitation and thyroid irregularities, bleeding disorders.

Besides physical changes, irritations of “identification” can also occur. The self-concept transforms, interests change, the woman has to come to terms with herself – similar to during puberty. This can be very challenging in a society that is heavily defined on youthfulness.

It is remarkable that a major part of menopause is affected by heat in spasms and agitation. According to TCM (Traditional Chinese Medicine) the altered, “weakened” body as the Yin, is no longer able to properly adjust the regulation of the still active mind, or the Yang (e.g. warmth, influx of thoughts).

TCM refers to a Yin-voidness that leads to an untamed Yang-aspect (with heat and restlessness). Hence, lots of afflictions are worse at night, as this represents the time of Yin and regeneration.

Some women still complain of heat sometime after menopause, even increased body temperature, night sweats, agitation, etc. In those cases, it is advisable to treat according to the constitutional tendencies.

What can one do?

As this is due to a reduction in vitality, it is always interesting to consider which salts are involved with the “essences of life”; therefore, can have a deeply strengthening and balancing effect.

Here, salts No. 7 Magnesium phosphate 6X, No. 11 Silica 12X, and supplementary remedy No. 21 Zinc chloride 6X should be considered.

No. 7 Magnesium phosphate 6X is involved in the structure of numerous enzymes in the body. It is able to assist in the restoration of equilibrium between a restless mind and physical regeneration. When the mind is unable to get to rest at night No. 7 is the remedy of choice. Hot flushes, blushing, and hectic flushes also calm down with Magnesium phosphate. The “Hot 7” – 10 tablets dissolved in a glass of hot water should be administered regularly, also in acute situation.

Magnesium phosphate always assists in situations when the body is severely weakened.

No. 11 Silica 12X has a deeply regenerating effect. It is used in inadequate implementation of nutrition at all ages. Silica has a clarifying and strengthening effect on the connective tissue and is able to compensate an imbalance of physical debility and strong mental powers. The skin, nails, hair, but also the bones receive strength with No. 11 Silica 12X.

No. 11 Silica is also regarded as the aging-remedy, as it is able to solve crystallisations and deposits, and

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hence to supply the metabolism in order to break them down and discharge.

The daily intake of four to five tablets of No. 11 Silica 12X is sufficient, as this remedy has a slow and deep effect.

No. 21 Zincum chloratum 6X is an important trace-elements. Zinc exists in our reproductive tissues and has an influence on the oestrogen level. Sperms contain lots of zinc. Furthermore, it is involved in the melatonin formation and thus influences the circadian rhythm. It has excellent wound healing properties, and acts as a captor of free radicals in inflammatory processes. A daily intake of four to five tablets can benefit the equilibrium.

Facial diagnostics assists in the selection of those three remedies. Minerals can be taken regularly over a longer period of time. As they have a regenerating effect, administration time is preferably at night.

Other auxiliary Salts

No. 3 Ferrum phosphate 12X: for continuing menstrual bleeding as a haemostatic remedy, to strengthen the circulation in case of blood pressure fluctuations.

No.2 Calcium phosphate 6X: for blood structure and strengthening of digestion.

No.5 Potassium phosphate 6X: for depressive moods and drop in performance with nervous exhaustion.

No.1 Calcium fluoride 12X: for venous stasis in the legs – possibly together with No. 4 Potassium chloride.

No.8 Sodium chloride 6X: for dry mucous membranes.

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Facial Diagnostics according to Hickethier

Facial diagnostics in accordance with Hickethier, is based on externally noticeable signs of a possible physical deficiency in minerals.

This technique observes special skin symptoms in the face. The experienced therapist is able to determine the correct Schüssler-Salt/s.

Sigrid Molineus
German Association of Biochemistry

The Clinical Science of Biochemic Therapy (Dr Schüssler)

<Incorporating Facial Diagnostics>

4-Day Seminars 2023

21st – 24th September – Bendigo / VIC

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Seminar Fee:

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