

# Schüssler Express

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## TO STOP THE GREAT SNEEZING

### SCHÜSSLER-SALTS FOR ALLERGIC RHINITIS

*Once the season starts, as soon as the first pollen circulate in the air, people with pollen allergy will again experience a difficult time. However, besides pollen from blossoms and grasses, numerous other triggers can be the cause of allergic rhinitis. Often certain foods, house dust mites, spores, or animal hair can be the culprit for the unpleasant complaints. Various therapies assist in getting them under control. Schüssler-Salts are able provide support both short-, and long-term.*

The immune system of allergy sufferers is an extremely scrupulous bodyguard. When detecting danger anywhere it releases a load of antibodies and gives its all to keep the perceived attackers in check. But often this great turmoil is misjudged – hay fever sufferers only know too well. These are not real “foes” such as disease-causing bacteria or viruses, but rather harmless, everyday substances that allow the immune system to almost collapse. Especially tiny pollen, excrements of house dust mites, or saliva residues on animal hair the immune system is easily confused with harmful pathogens. The consequences of the false alarm are well known by each and every allergy sufferer. They reach from sneezing attacks to runny nose, hives (nettle rash), wheals, and weeping, itching eyes up to respiratory distress. Of the four known allergy types the so-called immediate type (allergy), whose reactions often take a severe cause, is the most common.

#### Lifestyle can favour Allergies.

The exact cause why many people develop allergies.

in the course of a lifetime has not yet been completely clarified by science. The deposition plays a part, so do environmental factors such as air quality for instance. And of course, the lifestyle. Because stress and dietary habits seem to favour the severity of an excessive immune system.

Conventional treatments like a so-called “hypo sensitization” gradually accustom the body to the allergens, so that the immune system doesn’t react so strongly. Another conventional option is the treatment of symptoms with antihistamines. They quickly alleviate the allergic reaction, but they make lots of patients fatigued.

#### Schüssler-Salts ease acute Symptoms

Acute problems can also be easily and gently treated with two minerals according to Dr Schüssler, and this without a “tiring” effect. Those who don’t want to take antihistamines should use Schüssler-Salts No. 3 Ferrum phosphate 12X and No. 8 Sodium chloride 6X. Often clear improvement can be recognised after a short period of time – severe sneezing attacks and puffy faces quickly subside. Another important remedy for allergic symptoms and immune deficiency is the supplementary remedy No. 17 Manganum sulfuricum 6X.

**Author’s tip:** Of each Schüssler-Salts **No. 3 Ferrum phosphate 12X** and **No. 8 Sodium chloride 6X** dissolve 1 tablet in the mouth every 5 – 10 minutes in alternation. With improvement reduce administration to

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The Institute of Biochemic Medicine (Asia Pacific) is a branch of the German Association of Biochemistry, founded at Oldenburg (Germany) in 1885

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1 tablet of each salt once to twice an hour; thereafter take each remedy only three to four times daily.

## **Causal Treatment: To strengthen the Intestine and therefore the Immune System**

The aim of a holistic treatment is to bring the allergy into remission, if possible, permanently. Thus, it is vital to look for deeper cause of the problems and equalise imbalances in the body. Schüssler-Salts are able to stimulate and support such regulatory processes in the organism. Because they give the cells fine impulses, so that they are again capable to optimally absorb and utilise the minerals. This way the organism's self-regulation gets activated, the cell metabolism can get back into balance. Eighty per cent of the immune system is in the intestine. Therefore, it makes sense to seriously consider the state of the microbiome contained in the intestine. Often it is imbalanced – with far reaching consequences also for the immune system.

Lactic acid bacteria and a diet rich in minerals and fibres can achieve a lot. To strengthen the intestinal mucosa, a treatment with Schüssler-Salts No. 10 Sodium sulphate 6X (morning), No. 4 Potassium chloride 6X (noon), and No. 9 Sodium phosphate 6X (night) is very effective. The combination has an anti-inflammatory effect and regulates the acid alkaline balance. An ideal option is to strengthen the intestine prior to the start of the allergy season.

The author stresses that allergic symptoms should always be taken seriously and must be treated to avoid the development of a chronic disease in the long term. He further points out, that an untreated allergy can cause the so-called allergic march and spread from the upper- to the lower respiratory passages, with the development of asthma sometimes. Hence it is essential to treat allergies timely and with professional support.

*Peter Emmrich  
German Association of Biochemistry*

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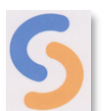
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## DID YOU KNOW?

Chocolate can make some people cough due to its “theobromine” content, which can stimulate the Vagus nerve causing a cough reflex.

Some individuals may also have a sensitivity to chocolate or its ingredients leading to coughing or other symptoms,

Theobromine in chocolate can increase heart rate and breathing rate. So, chocolate can basically cause hyperventilation or over-breathing and if you're sensitive to it, or if perhaps you already have a breathing problem, this hyperventilation can bring on all sorts of symptoms, **anxiety** being a common one. A lot of people with asthma realise that chocolate can bring on an attack. Over-breathing means that you blow off too much carbon dioxide (you become hypocapnic) \*. Breathing out too much carbon dioxide can make it hard for your body to utilise the oxygen that you're breathing in. So even though you are breathing more, you can become deficient in oxygen. For some people it may not be any problem at all to have chocolate. For others it may be problematic. They might not make the association as symptoms might appear some hours later. So just notice if you have chocolate how you feel maybe an hour or two afterwards and see if you're one of the susceptible ones. Cutting out chocolate could be a very simple solution to some of your anxiety problems.

*\*Hypocarbia, also known as hypocapnia, is a decrease in alveolar and blood carbon dioxide (CO<sub>2</sub>) levels below the normal reference range of 35 mmHg. CO<sub>2</sub> is a metabolic product of the many cellular processes within the body involved in the processing of lipids, carbohydrates, and proteins.*

Better quality dark chocolate will have much more theobromine than does milk chocolate.

One last comment, talk about a toxic superfood's double whammy: Dark chocolate is also high in oxalates, again this may not be problematic in many people but can devastate the health of some people. If you have unexplained aches and pains or other health problems, it could be the result of the oxalates.

**Oxalate can bind to minerals in your gut and prevent some of them from being absorbed, particularly when combined with fiber.**

## Your Gut determines Oxalate Absorption

Some of the oxalate you eat can be broken down by bacteria in your gut before it can bind to minerals.

One of these bacteria, *Oxalobacter formigenes*, uses oxalate as an energy source. This significantly reduces the amount of oxalate your body absorbs.

Many people don't have much of this bacterium in their gut, **because antibiotics decrease the number of O. formigenes colonies.**

However most healthy people can consume oxalate-rich foods without problems, but those with altered gut function may need to limit their intake.

Source: National Library of Medicine

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