

# Schüssler Express

#112



## GENTLE AID FOR SENSITIVE SKIN

*Who wouldn't like beautiful, smooth, and radiant skin? The reality is often very different. Redness and rough patches can bother the skin. It can become strained and inflamed. Dry air as well as change in temperature between cold and heat afflict our largest organ. Mineral salts according to Dr Schüssler are supportive in bringing the skin metabolism back into balance. Oliver e Coordes, expert in dermo pharmacology, explains how it works.*

Healthy skin depends on a series of internal and external factors that often change. Thus, besides hormonal fluctuations and diet for example, the amount of sleep and exercise also influence our complexion. Stress and physiological strains also portray on the skin. "Like a sensitive sensor does the skin show if it is well or not".

### Functions of the Skin

The good two square metre large, sensitive system connects our body with the environment, but at the same time demarcates it from it. With over 100 billion cells the skin fulfils vital tasks. For instance, it regulates the body temperature through perspiration, has an important barrier function, and assists the excretion of metabolic slags. "Cells of the upper skin layer – the epidermis – store up to 30 per cent fat and just as much moisture".

### What stresses the Skin

As the blood vessels constrict in temperatures below eight degrees Celsius, the skin is no longer adequately supplied with blood; the oxygen-, and nutrient supply also deteriorates. "And then there is the light factor. Little daylight causes a reduction in the vitamin D

production." This again reduces the, for the skin metabolism vital calcium-phosphate-conversion.

### How Schüssler-Salts are applied

So that the skin can repair its protective film, in order to cope with environmental influences, three Schüssler-Salts can assist. At the same time, brittle hair and nails will also benefit. Schüssler-Salts give cells fine impulses for an optimal absorption and utilisation of the minerals. Thus, the self-regulation of the organism gets activated and the cell metabolism can get back into balance.

### No.1 Calcium fluoride 12X

As "hardener and softener" Schüssler-Salt No. 1 Calcium fluoride 12X is an essential aid for the balanced stability of the tissue. "It nourishes the stabilising fibres of the skin structure. The natural mineral salt is vital for the moisture metabolism, boosts elasticity and strengthens the subcutaneous tissue." At the same time, the skin barrier gets strengthened and therefore becomes more resilient against external influences. Calcium fluoride supports the cell functions of the skin to get back to normal, and is also used for hardened structures e.g., scars, cracked, or chapped skin become elastic again. Internal administration is ideal in combination with No. 1 cream/lotion externally.

### No. 8 Sodium chloride 6X

"Schüssler-Salt No. 8 is an excellent aid for frequently taut, or sensitive reacting skin." Sodium chloride has a balancing effect where moisture is lacking – the main topic for winter-harassed skin. This mineral salt is supportive in regulating the fluid balance of skin and mucous membranes and hence is able to compensate damages like rough skin, dry eczema, wrinkles, or

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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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oedemas. Sodium chloride (No. 8) as creams is also beneficial for dry and itchy legs. Furthermore, No. 8 cream has also proven reliable for annoying herpes blisters. Simply tab on thinly several times a day or apply at night as a “overnight-treatment”.

## No. 11 Silica 12X

Silica is an important structural salt and the remedy of beauty. Silica, also know as silicic acid, is part of the important components for collagen formation. Collagen promotes the strengthening of the subcutis and epidermis, and supports hair-, and nail growth. As silica stabilises the connective tissue, Schüssler-Salt No. 11 is also a good hint for cellulite. It is regarded as the “beauty salt” and is said to give skin and hair a fresh sheen. In case of badly healing skin injuries, silica stimulates regeneration. Tip for care of nails: Mix a little of cream No. 1 and No. 11 and apply around the nail matrix.

## Skin-Cure for a Fresh-Kick

Three salts are ideal for a skin-cure:

- No. 1 Calcium fluoride 12X – 2 tablets – morning
- No. 8 Sodium chloride 6X – 2 tablets – noon
- No. 11 Silica 12X – 2 tablets – night

Slowly dissolve tablets in the mouth. Recommended duration of treatment is four to six weeks.

“As skin scales have a lifespan of four weeks, this time should be calculated to see noticeable results”. Externally, the skin will benefit from the additional application of lotions No. 1 and No. 11 (both with nourishing almond-, and jojoba oil, as well all lecithin) to the face and body. Tip for the sensitive male skin: Cream No. 11 is ideal for razor burn. It quickly absorbs and is unperfumed.

## Sensitive Skin and Diet

In case of chronic skin problems such as neurodermatitis, the diet should be investigated. Skin problems could be alleviated by avoiding certain substances in foods for instance, gluten, cow’s milk products, or nuts. Due to health (or ethic) reasons, lactose-free, or a vegan diet is also favoured by many.

Schüssler-Salts are available in various forms that satisfy diverse dietary requirements. The usual form are tablets, based on lactose which, due to their low sugar content, are also suitable for diabetics. Schüssler-Salts are also available in form of globules, which are lactose- and gluten free, and preferred by vegans. In liquid form, containing medicinal alcohol, the drops are also free of gluten and lactose. Skin problems also benefit from the external applications of Schüssler creams and lotions. Therapists also recommend compresses and poultices, soaked in Schüssler-Salts.

## Tips for Skin, Hair, and Connective Tissue

- Balanced diet and sufficient drinking (ca 2 litres every day)
- Regular exercises and sufficient sleep
- Once a week a hair-cure with natural oils (e.g. coconut- or olive oil)
- Contrast showers and (brush-) massages
- Relaxation and stress management
- Avoidance of intense sunbathing and sunburn
- Refrain from frequent and intensive dying, styling and blow-drying
- Waiver of alcohol and nicotine

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