

Schüssler Express

#113



STRONG IMMUNE DEFENCE – THANKS TO HEALTHY MUCOUS MEMBRANES

Lung and intestine are vital for the gas exchange and food intake. To warrant an immaculate function, the intrusion of as little as possible disease-causing and harmful germs should be ensured. For that purpose – in addition to the immune cells in the blood – there are natural, body's own, and self-cleansing barriers such as the skin and mucous membranes, which can prevent the permeation of undesired pathogens.

Whilst we are constantly in contact with billions of pathogens – bacteria, viruses, fungi, we usually don't get sick. With many we even live in a kind of symbiosis. Thus, various bacterial strains for instance colonise our intestine and are indispensable for the digestive process.

Keep the Immune System in Balance

Our world is not a germ-free place. When our immune system is able to keep our body free of pathogens, we feel well. Furthermore, our immune system continually learns to handle new pathogens. Thereby so-called antibodies are generated in the blood. These are proteins that purposefully render specific pathogens harmless. A healthy diet, lots of exercise in daylight, sufficient respite and sleep are further recommendations for a productive immune system. However, the mucous membrane also requires special attention and care for self-protection.

Because the mucous membranes are the first line of defence for harmful intruders, it should be the highest priority to keep them fit and healthy. Here are a few tips:

- Drink **sufficient fluids** so that the mucous membranes in the throat do not dehydrate.

Without adequate fluid mucous membranes become thinner and more fragile. Water or unsweetened tea are best.

- **Fresh air** ventilates the lungs and thus supports the gas exchange, as the body receives a better oxygen supply and pathogens are exhaled. Well-ventilated rooms are essential.
- The mucous membranes are capable of **self-cleansing**, but from time to time we should assist them. For example, support is required during the allergy season when pollen is increasingly in the air. Here, steam inhaling or nasal douches with a physiological saline solution are well suited. Essential oils also curb pathogens.
- **Minerals:** Our mucous membranes, the skin, organs, nerves, muscles, the blood and brain consist of trillions of living cells which perform numerous vital duties each day. Nutrients are absorbed via food and transformed into energy by the cells. Unfortunately, the cell metabolism often doesn't function to its optimum and the body is unable to correctly absorb and utilise the minerals. This is when the Schüssler-Salts are called into action.

Cell-Fuel

Schüssler-Salts can compensate disorders of the mineral balance and therefore bring the body back into equilibrium. With their intake the mineral balance gets regulated and the extra-, and intracellular concentrations of mineral-ions optimised. The specially processed mineral salts give the cells impulses so that the essential minerals and nutrients can be absorbed and utilised at best.

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Fire brigade for the Immune System

Schüssler-Salt No. 3 Ferrum phosphate has a key role amongst the Schüssler-Salts. As the acute remedy it can be deployed in inflammatory illnesses and therefore should not be absent in the home medicine chest. In case of severe, unknown, or stubborn symptoms medical advice should be sought; particularly in children or elderly people in which the courses of disease are more intense. Nevertheless, No. 3 Ferrum phosphate 12X is still a valuable supplement in those cases.

As the salt of the immune system No. 3 is of particular importance in the colder season. For instance, it is used for cough, cold, or hoarseness. It has also proven reliable for toothache, injuries, or sunburn – it improves the binding of oxygen to the red blood cells and thus facilitates oxygen supply in tissues and organs. Inflammations subside quicker and the immune system works more effectively. By administering Schüssler-Salt No. 3 Ferrum phosphate 12X at the first symptoms, it increases power of the body's own defence and assists against commencing inflammations.

Ferrum phosphate supports the metabolism in the brain and musculature, and thus promotes capacity and functional sequence.

Immune-Cure

As a course of treatment **No. 3 Ferrum phosphate 12X** can be taken in combination with salts **No. 7 Magnesium phosphate 6X** and **No. 6 Potassium sulphate 6X**. The so-called "immune-cure" can also be used as a precaution. No. 7 magnesium phosphate 6X assists the regeneration of muscles and nerves, and No. 6 Potassium sulphate 6X helps purification – therefore, both are ideal supporters of the immune system and help to reduce the susceptibility to infection.

Take 2 tablets of No. 3 in the morning, 2 tablets of No. 6 in the afternoon, and 2 tablets of No. 7 at night. In addition, before bedtime apply No. 3 cream to the sternum. This gentle massage stimulates the beneath the sternum situated thymus gland, which belongs to the immune system.

Administration and Dosage

Tablets should be taken ½ hour before or after meals and preferably slowly dissolved in the mouth. This allows for the active agents to be directly absorbed via the buccal mucosa. In small children it is recommended to dissolve the tablet in a little water.

For the correct dose for children, consult your therapist.

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