

Schüssler Express

#114



NUTRITION AND HEALTH IN BALANCE

Guarantee the individual Nutrient's Supply with the Help of Minerals according to Dr Schüssler

Diet good – all is well? That would be fantastic! Even when following a balanced diet, rich in nutrients and variety, imbalances in the organism and consequently health problems can occur.

Schüssler-Salt expert Angelika Gräfin Wolffskeel von Reichenberg, explains how organic disbalances manifest. Furthermore, she outlines why mineral salts are so vital for the cell metabolism. Also, which impulses are beneficial for the body to get back into equilibrium.

Eating, just to be satisfied? For Angelika Gräfin Wolffskeel von Reichenberg, food consumption has an important function, "Hippocrates already said, "Your food shall be your Remedy. Your Remedy shall be your Nutrition." As a matter of fact, our food is the foundation for the preservation of our health. Basically, every person who prepares food is a medicine woman or -man. Through the composition of foods with herbs and spices we create a new food, an elixir."

The minerals in particular play a special part. Because nowadays it is not so much the lack in vitamins but rather a shortage in minerals that bother a person. Mineral substances are vital in form of antioxidants because they bind free radicals in the body and through oxidation render them harmless. In addition, they are essential for the acid-alkali-balance, for the absorption of vitamins, and the structure of new cells, the author explains.

Nutrient-rich Remedies

Thereby not every food has the makings of a remedy. It is essential if and mainly how we process our foods. Particularly the essential nutrients, such as vitamins, minerals, and trace elements – meaning, vital nutrients should be sustained in food preparation. Because they have to be supplied through food, as our body cannot produce them itself. And this has become a great challenge.

For a long time, our nutrition hasn't been as nutritious as some decades ago for instance. The mineral content in vegetables has drastically diminished in the last 50 years. The calcium content in broccoli has reduced by 60 per cent in the past five decades. During the same period, spring onions and carrots have lost up to 75 per cent of their magnesium content. And yet mineral substances are particularly important for a multitude of vital body functions.

"When absorbing adequate minerals through food, our cells are healthy. Here, Schüssler-Salts can be deployed in support."

"Mineral-Bombs" have to be Digested first

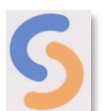
And here the same applies, too many mineral substances can cause an imbalance – not seldom is the digestive stress is too high. True mineral bombs are wholegrain foods. Nevertheless, cereals should be consumed moderately, as here our body has to work

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hard in digesting which again puts a strain on the organs. An overexertion through digestion is quickly detected on spleen and pancreas. In the following, kidneys, urinary canals, and bladder are weakened and health problems occur for example, concentration disorders.

Logistical Masterstroke right up into the Cells

Our body practises stockpiling and generally has a supply of essential nutrients stored. Nevertheless, situations can occur when the depots are empty, and the body is not able to refill those by itself. "In particular the provision of calcium, magnesium, potassium, chloride, silica, and phosphor is vital. By virtue of a mineral deficiency unspecific symptoms like fatigue, loss of hair, or a mutated skin texture can occur. But distinct disease processes for instance, osteoporosis, thyroid problems, or anaemia can also be the result of a mineral deficiency. At least then is a mineral supply necessary. The complementary administration of Schüssler-Salts optimises and increases the bioavailability of mineral substances", so Angelika Gräfin Wolffskeel von Reichenberg.

Prophylactic or Acute: Mineral-Boosters for Skin, Hair, Nails

Even before a possible mineral deficiency on skin and hair is noticed, a supportive dose can be sensible. "Schüssler-Salts **No. 1 Calcium fluoride 12X**, **No. 2 Calcium phosphate 6X**, and **No. 11 Silica 12X** provide, even without any issues, an important support for skin, hair, and nails. The body benefits, especially after stressful periods. Simply take one tablet of **No. 1 Calcium fluoride 12X** in the morning, at noon one tablet **No. 2 Calcium phosphate 6X**, and at night one

tablet of **No. 11 Silica 12X**. Allow tablets to dissolve in the mouth", the author recommends.

Important to know: Those with an acute deficiency should best consult a biochemically qualified therapist.

It is written all over one's Face:

Recognise the individual Needs.

The need in minerals is very individual for similar problems. Here, facial diagnostics can be sensible and provide better clues.

"Symptoms of nutrient requirements show very early and clearly in the face. Important signs are in particular colour, occurrence of wrinkles, sheen, or swellings. Depending on the situation and intensity the respective mineral substances are advisable.

"Thus, a need for magnesium can manifest through red cheeks, or general redness of the face. Whereas red ears can be sign for iron/Ferrum. And, depending on the situation and intensity, dark shadows or edges on the eyes are an indication of an iron- or potassium deficiency", explains the expert.

Angelika Gräfin Wolffskeel von Reichenberg is a naturopath, qualified biochemic therapist, psychological advisor, and bestseller author in Schüssler's Therapy. She has her own school of naturopathy and is also a lecturer for the further training of naturopaths and chemists. Additionally, she holds the chair of vice-presidency of the German Association of Biochemistry.

*Angelika Gräfin Wolffskeel von Reichenberg
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