

Schüssler Express

#117



BALANCE FOR NERVES AND MIND

COMMUNICATION OF BODY AND SOUL

Good nerves and a strong psyche support our emotional balance and assist us in coping with numerous challenges. The central and peripheral nervous system combine physical and psychological processes. In the nervous system information are received, transferred, and utilised.

Thus, it controls – conscious and unconscious – bodily functions, and our reactions to irritants/stimuli. It does not only serve as a control centre, but it is also the foundation of our thoughts, feelings, and imaginations.

Expression of Personality

Our psyche is defined as a place of human feeling and thinking. It unites the mental qualities and personality traits of a human being. Emotional problems can often develop into physical problems. Because, when the mind suffers, the body suffers as well.

Indicator of Mental State

The nervous system controls the vital processes in the body. It traverses the entire body. The contraction of sensory cells and nerves allows us to orientate in our environment and adjust to changes. Depending on the position of the neural pathways we differentiate between a central- and peripheral nervous system.

- The central nervous system comprises neural pathways in the brain and spinal cord. It is securely imbedded in the scalp and vertebral canal of the spine.

- All other neural pathways of the body belong to the peripheral nervous system.

Independent of the position, we refer to a voluntary-, and involuntary nervous system.

- The voluntary, or somatic nervous system controls all processes we are aware of und which can be wilfully influenced. These include purposeful movements of arms, legs, and other body parts for example.
- The vegetative, or autonomic nervous system regulates those body processes, that we cannot wilfully control. It is constantly active and controls for instance breathing, heartbeat, and metabolism.

Balance for more Resilience

Those who feel constantly under stress will reach the limits of their physical and mental resilience at some time. Inner unrest, tension, lack of motivation, and sleeping disorders can be signs for consequences of permanent stress. Before the helix of exhaustion and fatigue spirals further down, it is important to establish the causes and take appropriate steps for regeneration.

Many healthy foods are excellent natural sources for the nerves and morale boosters.

Exercise, relaxation, and adequate sleep foster the inner balance.

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SCHÜSSLER-SALT NO. 7 MAGNESIUM PHOSPHATE

The Salt of Muscles and Nerves.

Occurrence in the body

Magnesium phosphate is involved in muscle activity. It is vital for the transmission of nerve impulses, and thus has a share in natural sleep. This mineral is contained in nerves, and muscle cells, the brain and spinal marrow, as well as in a great number of internal organs.

Advice: Ideal to us as a “Hot 7” – simply dissolve tablets (10) in hot water and drink slowly. Keep each sip in the mouth for a few moments. A reliable form of administration in acute situations.

SCHÜSSLER-SALTS COURSE OF TREATMENT: Tried and Tested Combinations for your Well-being

A course of treatment is a reliable opportunity to do something purposeful for one's health and well-being in a certain time frame.

The Schüssler-Cures use different salt combinations over several weeks. Goal is, to treat often recurring problems effectively and permanently, and to strengthen the body naturally.

Generally, experts recommend a duration of 4 – 6 weeks and, if required, a repeat after a one-week break.

Course of Treatment with Minerals #3+5+7

Find your Strength!

The cure with Schüssler-Salts No. 3, 5, and 7 combines three so-called phosphor salts which play an essential role in our organism for energy control.

What is so special about this Schüssler-Salt Cure?

- Schüssler-Salts support the body in a natural and holistic way
- They are well tolerated
- They are easy to administer

Recommended Administration

- **Morning:** No. 5 Potassium phosphate 6X – 2 tablets
- **Noon:** No. 3 Ferrum phosphate 12X – 2 tablets
- **Night:** No. 7 Magnesium phosphate 6X – 2 tablets

Dissolve tablets in the mouth!

*The Institute of Biochemic Medicine
(Asia – Pacific)*

The Clinical Science of Biochemic Therapy Dr W.H. Schüssler

Seminar Schedule 2024

02. – 05. May 2024	Ashgrove/QLD
14. – 17. June 2024	Warragul/VIC
10. – 13. October 2024	Perth/WA <i>and possibly</i>
17. – 20. October 2024	Perth/WA

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