

Schüssler Express

#119



ADMINISTRATION OF SCHÜSSLER-SALTS

Frequently asked Questions

The Essential Salts of Life according to Dr Schüssler, act like a fountain of health. In a world, increasingly shaped by stress and hectic, Schüssler-Salts support your physical and mental vitality in a gentle way. With the help of Schüssler-Salts you achieve more soulfulness and pleasure.

How to determine the correct Schüssler-Salt?

The selection of the correct Schüssler-Salts or a sensible combination of various Schüssler-Salts can take place by means of a physical disorder or commonly for the strengthening of the mental and emotional well-being. A register of applications assists the selection. A specific selection can be met respective to the descriptions of the individual Schüssler-Salts. The dosage is then determined in accordance with the cause (acute, chronic, specific situation).

An essential tool in Schüssler's biochemistry is facial analysis, which is used by qualified biochemic therapists. In facial analysis the condition of the skin (colourations, tenseness of the skin, skin structures, wrinkles) is consulted as a reference to the nourishing condition in biochemic functional remedies of the person concerned. It is not associated with a diagnose, thus not a statement on possible physical dysfunctions or diseases.

How many Schüssler-Salts can be used at the same time?

The quantity of administered Schüssler-Salts depends on the disorders, or their distinct need. There are no antagonists amongst the Schüssler-Salts. Unlike in conventional gross mineral preparations, the various Schüssler-Salts do not impede each other in their absorption. On the contrary: The bodily processes often require different minerals at the same time by necessity. However, in cases of severely ill persons it must be closely considered which stimuli and support the body should usefully receive. When in doubt, consult a qualified biochemic practitioner.

How rapidly effective are the Schüssler-Salts?

The success of the use of Schüssler-Salts depends on the selection and adequate dose of the correct Schüssler-Salt/s for each individual dysfunction, or condition. In acute cases administration is rapidly effective. For example, the use of one tablet of No. 3 Ferrum phosphate every five minutes has proven exceptional for sore throat. Chronic disorders however require patience in the use of Schüssler-Salts. On the physical level for instance, a person suffers from increased callus formation on the foot, sometimes with painful lacerations. This disorder indicates a chronic disorder and requires the use of No. 1 Calcium fluoride over several months. There may be dysfunctions in the organism that were not detected e.g., an insufficient elasticity of the vessel walls, which also requires the use

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of No. 1 Calcium fluoride. In the hierarchy of the organism the dysfunctions of the vessel walls are balanced as a priority as they – compared to the callus on the heels – of vital importance. In this context, an essential support for a successful use is the external application of the Schüssler-Salts. By using cream No. 1 Calcium fluoride externally for callus disorders the administration can be optimized.

Do Schüssler-Salts have any Side-Effects?

For over 140 years, the biochemic functional remedies have been used successfully. No side-effects or interactions with other natural- or allopathic medications have been observed yet. Thus, there are no contraindications. None of the remedies has ever been excluded for pregnant women. The use of Schüssler-Salts is possible from the first to the last day of life.

As part of the home medicine chest Schüssler-Salts can provide quick and valuable assistance in simple cases. And in health prophylaxis they have also conquered a firm position. However, the treatment of sick people belongs into the hands of qualified practitioners and therapists. Sometimes reactions may occur after taking Schüssler-Salts. When the body starts discharging negative substances and acids via the skin this can result in redness or itchy skin. Sometimes the increased discharged causes slight diarrhoea or temporary swellings. And regeneration problems in the ligament areas are also possible.

Can Diabetics take the Minerals?

Yes, absolutely! 1 BU = 12 grams of carbohydrate; this is equivalent to 48 tablets at 0.25 g. One tablet is equivalent to ca one kilocalorie. Diabetics can use the option of dissolving the minerals to keep absorption of lactose at a minimum.

Is Lactose well-tolerated?

Lactose (milk sugar) is the carrier substance for the minerals. It is obtained from whey (milk). It is often used in food- and pharmaceutical industries; it is contained in instant soups, sausage products, confectioneries, and baked goods. In the intestine lactose is segregated by an enzyme (lactase). Too little lactase in the intestine causes a lactose intolerance resulting in diarrhoea, abdominal cramps, and wind. In case of symptoms of intolerance, the Schüssler-Salts can be dissolved. Best to use cold water so that the lactose does not dissolve in the water. The liquid can be, after keeping in the mouth for a few moments, spat out again, to reduce lactose absorption to a minimum.

In rare cases of an allergy, Schüssler-Salts can also be used as dilutions (alcoholic solution). Lactose is only segregated in the small intestine, therefore a carious effect on the teeth scarcely exists. Here, the fundamental measures of hygiene and care apply.

How long should Schüssler-Salts be taken?

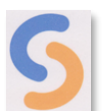
The duration of administration depends on the expected goal on the one hand. On the other hand, the individual starting situation of the person is crucial on how long the organism requires to meet needs of achieving a satisfactory result. As a prophylaxis administration in form of a course of treatment is beneficial for example, during dieting, or growing spurts of children. Schüssler-Salts should be taken at least until improvement of problems occur. However, better to take the minerals a few days or weeks longer to sustainably regulate the dysfunctional mineral metabolism. In case of chronic afflictions or as a health prophylaxis, Schüssler-Salts can be taken for months or years without any problem.

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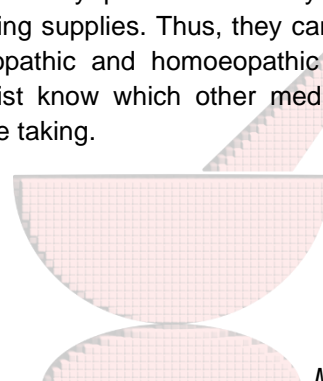


What Mistakes can be made in Administration?

Depending on the individual condition it is often found that, according to the descriptions (applications) of Schüssler-Salts so much is applicable that all 12 salts could be used. However, a broad application of Schüssler-Salts should either be based of reliable administration protocols, or professional advice. This way the body has the chance to successfully recommence "operation". This enhances the success of application. Often administration is stopped all too fast because a speedy effect, also in chronic disorders, is expected. Or the dose is too low and doesn't satisfy the individual requirement. External application of Schüssler-Salts is also often neglected, which additionally and quickly can assist in all problems.

Can Schüssler-Salts be taken in addition to other Medications?

Schüssler-Salts support every other treatment because they provide the body with the necessary operating supplies. Thus, they can be taken alongside all allopathic and homoeopathic remedies. Let your therapist know which other medications, supplement you are taking.



*Margit Müller-Frahling
European Institute of Schüssler's Biochemistry*

FOR YOUR INFORMATION – IN CONSIDERATION OF YOUR PATIENTS

A warning has been issued over a popular **herbal supplement** available over the counter in supermarkets, pharmacies, etc., after several Australians developed serious liver injuries and others were hospitalised with sudden vomiting and diarrhoea.

The herb **Withania somnifera**, commonly known as **Ashwagandha** or winter cherry, is commonly used to reduce anxiety, improve sleep, and build strength.

It is an ingredient in about 320 medicines listed by the Australian Register of Therapeutic Goods and is available in supermarkets, health food stores and pharmacies without prescription or the advice of a health professional.

TGA (Therapeutic Goods Administration) is investigating its use after dozens of Australians reported gastrointestinal problems after taking the herb. Users reported sudden and severe nausea, vomiting and diarrhoea – sometimes after just a single dose.

Several people initially mistook the symptoms for food poisoning, but their symptoms resolved after they stopped taking the medicine.

Sixteen people became so ill, they had to be hospitalised.

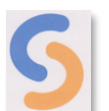
There have also been 12 reports of Australians who developed liver problems after taking *Withania somnifera*.

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Of these, the TGA found sufficient evidence to suggest that seven cases were caused by the herb and in four no other ingredients were in the supplements that could have contributed to the liver injury.

Most patients recovered after they stopped taking the medicinal herb, but four had to be treated in hospital.

The TGA's investigation concluded that there is a "very rare" risk of liver injury from taking *Withania somnifera*. The health body advises anyone with a history of liver problems to avoid taking the herb.

Others should stop immediately when experiencing symptoms, which include yellowing of the skin or eyes, dark urine, nausea, vomiting, unusual tiredness, abdominal pain and loss of appetite.

"This is a relatively new issue globally, and we are continuing to closely monitor emerging evidence," the TGA said in a statement about its investigation. "If further substantiating evidence arises, regulatory actions will be considered." These could include adding warning labels on products containing *Withania somnifera* or additional restrictions around its sale.

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

DID YOU KNOW...

What foods neutralise stomach acid immediately?

Non citrus fruits like BANANAS can help neutralise stomach acid fast. Bananas are a good source of natural antacid and can provide quick relief from acid reflux and heartburn.

Bananas have a higher pH, which can help offset stomach acid.



The Clinical Science of Biochemic Therapy

– according to Dr W.H. Schüssler –

4-Day Seminars 2024

2nd – 5th May 2024 – Ashgrove (QLD)
14th – 17th June 2024 – Warragul (VIC)
10th – 13th October 2024 – Perth (WA)
and possibly
17th – 20th October 2024 – Perth (WA)

Seminar Fee – A\$900

Early-Bird-Special – A\$810

For more information and registration:
www.biochemic-remedies.com.au/seminars/
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