

Schüssler Express

#120



DETOX THE BODY AND REGAIN ONE'S STRENGTH

Tips for Inner Cleansing

Like we tidy, declutter, and clean our home regularly, we should also support our body consciously in its cleansing processes from time to time. Many fasting cures are based on this principle. A gentle inner purification can support our body in getting rid of burdensome substances. Find out when an internal cleansing is sensible, what detox means, how it functions and what effects detoxification has.

What is Detox?

Detox, or detoxification, is the inner cleansing or purification of the body. A detox-cure is targeted to support the detoxifying organs liver, gall bladder, kidneys, intestine, skin, and lymphatic system.

Why is an Inner Cleansing so useful?

We breathe, eat and drink – this is our elixir vitae. However, not everything we consume is the best for our body. Day in and out we are exposed to contaminants and environmental toxins – even if we are following a healthy diet. Of course we have our detoxifying organs liver, kidneys, gall bladder, intestine, lymphatic system, and the skin. Smoothly and round the clock they dispose of adverse substances and thus keep our organism in balance.

Substances that burden our Body

The classic contaminants are:

- Unfavourable substances in food e.g. in finishes products

- Bacterial-, and mildew poisons
- Chemicals in cleaning products
- Heavy metals such as lead, cadmium, or mercury in foods
- Dissolved plasticisers from plastic bottles

But how do I recognise that my body is overloaded, and when it is time for an inner cleansing?

Typical Signs of an Overload

There are some signs that should be consider:

- Increased susceptibility to stress
- Physical performance deficiency
- Concentration disorders
- Increased infections due to a weakened immune system
- Skin problems
- Gastrointestinal problems

Fatigue and conspicuous tiredness can also be signs for an overload of the body.

Tips for Inner Purification

The liver is the main detox organ to break down pollutants. The metabolites get into the intestine and are excreted. Certain substances are sluiced out with the urine via the kidneys. Other metabolic products are converted into carbon dioxide and exhaled via the lungs. With the help of simple measures, we can make these processes easier for the detox organs. Here are some tips for internal purification.

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Nutrition: Foods that make us Fit

A balanced diet with lots of fresh and alkaline foods provides us with vital minerals, vitamins, and fibres, and supports the organism. The following items belong on a healthy detox-menu:

- Plenty of fresh organic fruit
- Plenty of seasonal organic vegetables
- Plenty of fluid such as water (minimum 1.5 l daily)

That burdens our Body

When planning a detox-cure for internal purification of the body we should avoid mostly anything that puts a strain on our body, this includes:

- Finished products with additives
- High-fat-, acidifying foods like meat and sausage
- Sugar and sweets
- Coffee
- Dairy products
- Wheat, yeast, and white flour
- Alcohol
- Nicotine

By the way: Starvation in order to detox is not a good alternative, as the body requires energy suppliers. Those who want to purify and detox with a fasting cure should discuss this with their doctor or therapist before starting.

The best Basics for Detoxification

- Ginger strengthens the immune system and assists with digestive problems
- Garlic has an antibacterial effect and keeps vessels young
- Green tea has a high antioxidative effect

- Lemons with their high vitamin C content protect from free radicals. The sour juice not only helps with dieting, but it also has an anti-aging effect.

Additional Advice: Schüssler-Salts support inner cleansing.

Some Exercising, and the Inner Cleansing works

Walking in fresh air, using steps, hiking, jogging, cycling, swimming, playing ball, dancing – every form of physical activity utilises energy, facilitates muscle structure, prevents excessive fat deposition in the fatty tissues, and stimulates metabolism. Daily exercising between ½ hour to one hour is enough to help our detox centre and to feel better and more vital all-round.

Extra tip: The breathing during yoga and Pilates brings more oxygen into the body which stimulates metabolism.

Small Feelgood-Rituals – Gentle Cleaning externally

Some feelgood rituals via the skin are also supportive:

- Baths
- Steam baths
- Sauna
- Brush massages
- Peelings

Conclusion: Gentle stimulation of the excretory organs relieves, gives us new energy, increases our well-being, and makes us healthier all-round.

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The Salt for Inner Cleansing

Schüssler-Salt No. 10 Sodium sulphate 6X is regarded as the remedy for drainage amongst the minerals. It is contained in the excretory organs where it assists the body to excrete excess fluid. This tissue salt is predominantly contained in the tissue fluids.

External use of Sodium sulphate Cream

No.10 Sodium sulphate cream should be applied externally to affected areas, in case of:

- Eczema (watery)
- Lower leg ulcers (apply cream on to the edges of the wound)
- Oedema
- Ulcerating skin rashes
- Skin-care remedy in case of jaundice and flu
- Corns
- Chilblains (burst)
- Supportive treatment of erysipelas
- Dermatomycosis
- Neuralgia
- Liver problems (apply underneath the right costal arch)

Treatment with Schüssler-Salts for Inner Cleansing No. 6+10+12

All good things come from within

The relinquishment of unhealthy dietary habits unburdens your body. The combination of mineral for inner cleansing No. 10 Sodium sulphate 6X, purification No. 6 Potassium sulphate, and No. 12 Calcium sulphate 6X, should be your companions.

What is so special about this Schüssler-Salt-Cure?

- Schüssler-Salts support the body naturally and holistically
- They are very well-tolerated
- They are easy to administer

Administration and Duration

- **Morning:** No. 12 Calcium sulphate 6X – 2 tablets
- **Noon:** No. 10 Sodium sulphate 6X – 2 tablets
- **Night:** No. 6 Potassium sulphate 6X – 2 tablets

Slowly dissolve tablets in the mouth and follow treatment for 4 – 6 weeks.

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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)

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