

Schüssler Express

#123



BEAUTY FROM WITHIN AND OUT

TIPS FOR HAIR AND SKIN

With up to two square metres the skin is not our largest order but also a true multi-talent with elementary functions. It protects the body from harmful environmental influences such as heat, cold, impurities, and pathogens. Whereas the skin circumscribes on the one hand, it is the contact point outwardly on the other hand.

As a sensory organ it is vital for the perception of pain and changes in temperature and allows us to sense points of contact.

Protective Shell in Layers

The upper skin (epidermis) is the outer, visible skin layer and consist mainly of corneocytes (horny cells). They form a water-repellent layer and give the skin firmness and thus protection from mechanical influences. They are constantly renewed; old cells are desquamated. The epidermic cells also produce the pigment melanin which is able to protect the skin of UV radiation.

Underneath the epidermis is the dermis which consists among others of collagenous and elastic fibres and therefore ensure elasticity of the skin. It contains blood vessels, hair follicles, nerves, sebaceous glands, and corridors of sweat glands.

The subcutis is the deepest layer of the human skin. It consists of loose connective tissue. Depending on the part of the body or physique, more or less fat cells are being stored. The fat tissue protects from cold, depresses collisions and acts as an energy store.

Mirror of Emotions

One blushes of pleasure, rage, or shame, turns pale because of shock, perceives a shiver down the spine, the hair stands on end: Emotional stress can be associated with changes of complexion. In the reverse case, a change of skin texture can cause emotional stress and tarnish the quality of life.

The Hair – More than Jewellery

Hair are strands of keratin formed from specialised skin cells. They cover almost the entire body and keeps it smooth. The melanin content in the keratotic cells determines the colour. Each hair contains a sebaceous gland whose excretory duct enters with the hair shaft on the skin surface. The sebum protects the skin from dehydration and keeps it smooth. The melanin content in the horny cells determines the hair colour.

It is genetically predetermined if we enjoy a magnificent head of hair, or fine, thin hair. Hair can also provide an insight of the health condition. Dull, lustreless hair could be a sign of deficiencies in the body.

Healthy Life makes more Beautiful

Adequate exercise, plenty of sleep, refraining from alcohol and cigarettes, and a balanced diet all contribute to our health and beautiful skin and hair.

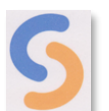
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Course of Treatment with Minerals for Hair, Skin and the Connective Tissue – No. 1+8+11

Skin and hair are constantly exposed to exertions and environmental impacts. With the combination of mineral salts No. 1 Calcium fluoride 12X, No. 8 Sodium chloride 6X, and No. 11 Silica 12X you can support your beauty from within.

What is so special about the Schüssler-Salts-Cure?

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

Administration and Dosage of the Skin- and Hair Treatment

- **Morning:** No. 1 Calcium fluoride 12X and Lotion No. 1 Calcium fluoride
- **Noon:** No. 8 Sodium chloride 6X
- **Night:** No. 11 Silica 12X and Lotion No. 11

Take one to two tablets of the mineral at the indicated time and allow to dissolve in the mouth. Apply lotion as indicated morning and night.

Schüssler-Salt No. 1 Calcium fluoride

The salt for connective tissue, joints and skin.

Occurrence in the body: Calcium fluoride is vital for the skin, ligaments, tendons, muscles, blood vessels and nails. It gives the tissue the necessary elasticity and firmness. This mineral is contained in tooth enamel, bones and epidermic cells. Furthermore, it is found in the elastic tissues.

Schüssler-Salt No. 8 Sodium chloride

The salt for the fluid metabolism.

Occurrence in the body: Sodium chloride is important for the fluid balance in the body, the osmotic equilibrium, as well as the membrane stability of cells and tissues. This mineral is contained in all bodily fluids and tissues. It predominantly exists outside the cells.

Schüssler-Salt No. 11 Silica

Silica is the salt for hair, skin and connective tissue.

Occurrence in the body: Silica is regarded as the salt for beauty. It firms the connective tissue and is essential for the growth of skin, hair and nails. Silica (silicic acid) is, as a component of the connective tissue, indispensable for the body. It is involved in the composition of tissue structure.

The Institute of Biochemic Medicine (Asia – Pacific)

The Clinical Science of Biochemic Therapy
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