

Schüssler Express

#124



SPRING IS IN THE AIR...

FEELING OF SPRING – NATURALLY!

Even when the weather is changeable, spring is in the air, and it is nice to capture the sun rays in the garden or anywhere outdoors. Because apart from the nutrients and minerals our body requires in order to remain healthy, we should not forget the psychological component – relaxation, gratitude and activities that make us happy. In the following are many tips and recommendations.

What is best for me?

Do you sometimes ask yourself this question? Not only decision like “Where do I go on holiday?”, or “What shall I wear today?”, but also how to support your body best with minerals.

With the help of our overview of the 12 fundamental salts you can find out which salt is the right one for you.

Schüssler-Salts: Select correctly

Minerals are essential for our body. They are required to control many biochemic processes, are indispensable for the cell structure and information brokering from cell to cell. The list of the twelve remedies in profile.

No. 1 Calcium fluoride 12X – Salt for Connective tissue, Joints and Skin

Occurrence in the body: Calcium fluoride is vital for the skin, tendons, ligaments, muscles, blood vessels and nails. It gives the tissue the necessary elasticity and firmness. The mineral is contained in the dental enamel,

the bones, as well as the epidermis of the skin. Furthermore, it exists in the elastic tissues.

No. 2 Calcium phosphate 6X – Salt for Bones and Teeth

Occurrence in the body: Calcium phosphate is regarded as the “bone salt” amongst the Schüssler-Salts. Of all minerals, this salt exists the most in the human body. Its share in teeth and bones is the highest.

No. 3 Ferrum phosphate 12X – Salt for the Immune System

Occurrence in the body: Ferrum phosphate takes part in the immune system and caters for a good oxygen absorption in the body. Iron (Ferrum) is contained in all body cells, mainly in muscle cells. It is a vital component of haemoglobin.

No. 4 Potassium chloride 6X – Salt for Mucous Membranes

Occurrence in the body: Potassium chloride occurs regulative in the mucous membranes of airways and urinary passages, gastro-intestinal system, as well as joints. This mineral is contained in all body cells.

No. 5 Potassium phosphate 6X – Salt for Nerves and Mind

Occurrence in the body: Potassium phosphate is regarded as the nutrient for the nerves. It acts an important part in maintaining the cellular membrane-

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resting potential. This mineral is the most vital inorganic cell salt and especially important for brain-, nerve-, and muscle cells.

No. 6 Potassium sulphate 6X – Salt for Purification

Occurrence in the body: Potassium sulphate supports the body in the breakdown and expulsion of waste matter. The mineral occurs in the layers of the upper skin and mucous membranes as well as all cells that contain iron.

No. 7 Magnesium phosphate 6X – Salt for Muscles and Nerves

Occurrence in the body: Magnesium phosphate is involved in muscle activity. It is essential for the transmission of nerve impulses. Thus, it has a share in natural sleep. This mineral occurs in nerve-, and muscle cells, the brain and spinal marrow, as well a large number of internal organs.

No. 8 Sodium chloride 6X – Salt for Fluid Balance

Occurrence in the body: Sodium chloride is vital for the fluid balance in the body, the osmotic equilibrium, as well as the membrane stability of cells and tissues. It is contained in all bodily cells and tissues. It occurs especially outside of cells.

No. 9 Sodium phosphate 6X – Salt for Metabolism

Occurrence in the body: Sodium phosphate is required for the upkeep of the acid-base balance in the body and stimulates metabolism. This mineral occurs almost everywhere in the body e.g., the brain-, nerve-, and muscle cells, blood cells, in the plasma and tissue fluid, as well as the connective tissue.

No. 10 Sodium sulphate 6X – Salt for Inner Cleansing

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Occurrence in the body: Sodium sulphate is regarded as the remedy for drainage amongst the minerals. It exists in the emunctories where it assists the body to get rid of excess fluid. It predominantly contained in all tissue fluids.

No. 11 Silica 12X – Salt for Hair, Skin, and Connective Tissue

Occurrence in the body: Silica is regarded as the “beauty” salt. It firms the connective tissue and is vital for the growth of skin, hair and nails. As a component of the connective tissue. It is indispensable for the body and plays part in the tissue structure.

No. 12 Calcium sulphate 6X – Salt for Joints

Occurrence in the body: Calcium sulphate is a natural component of the joints. It also exists in the emunctories. The mineral occurs among others in the liver and cartilage.

The Supplementary Remedies #13 - 27

Apart from the twelve Schüssler-Salts there are the supplementary remedies No. 13 – 27. Schüssler's successors took up new findings of their time on minerals and trace-elements. They introduced new remedies and expanded the therapy with the so-called supplementary remedies.

First and foremost, the supplementary remedies are used by Schüssler experts, as a large part of ailments and illnesses can be easily treated with the 12 basic remedies.

The supplementary remedies assist to further improve therapeutic successes: In case of new ailments, for instance an allergy, they can also be the basis of an independent therapy.

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TESTIMONIAL

Take a deep breath before getting started

Linda, 38

Previously, my arms ached by just thinking of yoga. However, that yoga is simply bliss I discovered when starting training. And now I no longer look like a dying swan when practising downward dog.

Naturally, my body is the centre and tells me what I can and cannot do. And not only have my muscles benefitted from this sport, I also feel more balanced and less stressed.

I have always put the pedal to the metal for my family. Hence, one easily forgets to think of oneself. Or there is simply no time. I knew that I wanted to make changes but didn't know how.

Sometimes one must do it

For me yoga was only a cliché sport: Women who carry a mat in one hand and some kind of green smoothie in the other. This was one reason I didn't want to start. I just didn't see myself like this. I my sister hadn't insisted I possibly would not have started a course. And then I would have missed out on some great. Stretching, keeping balance, relaxing – I had to try to realise that this was perfect for me. I do something for my body and at the same time I can relax and give myself some downtime from my daily routine.

I want to show Posture every Day

One only realises a bad posture when it starts hurting somewhere. Unfortunately, this happened in my case. The permanently sitting at the laptop finally took its toll. During my first yoga lessons I quickly realised that I

hardly had any muscles in arms and back. Thus, I don't need to be surprised of the pain. Luckily, this can be remedied, and in the meantime, I have a much better physical awareness. Not only because I am stronger and fitter, but also because I formed a habit of listening to my body and interpret signals correctly.

My Lull before the Sorm

In the mornings before I wake up my children, I take 10 minutes for myself – I sit in a comfortable position, relax and meditate.

It took a while until my thoughts stopped wandering through the daily chores. These few minutes however allow for a more relaxed start to the day, at least until the children wake up. Of course, there are days when I don't do this, simply turn over and continue sleeping, or simply enjoy a coffee. This is equally also good for the body.

I best understand my Body

Only because I practise yoga regularly, meditate and spent time with my children in fresh air, doesn't mean that I never have ailments. I discovered the Schüssler-Salts for myself. I stop, listen to by body and use the gentle activation of Schüssler-Salts in order to strengthen my self-healing powers. Thus, I bring my health back into its natural equilibrium.

The Institute of Biochemic Medicine (Asia – Pacific)

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

4-Day-Seminar (2024)

10. – 13. October 2024 Perth/WA

and possibly 17. – 20. Oct 2024

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