

# Schüssler Express

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## THE VALUED HEALTH COMPANIONS: SCHÜSSLER-SALTS

### Interview with Medical Doctor and Schüssler-Expert *Peter Emmrich*

*Millions of people worldwide know and value them: But why are Schüssler-Salts actually so popular? In an interview with DHU (Deutsche Homoeopathic Union) author, medical doctor and Schüssler-Expert Peter Emmrich reveals lots of interesting facts about the mineral salts and why they so suit the times. Furthermore, he discloses what Dr Schüssler would recommend today's medicine.*

#### **Why are Schüssler-Salts so popular from your point of view?**

*Peter Emmrich:* Based on their natural action of principle Schüssler-Salts are more up to date than ever. Increasingly more people are health-conscious nowadays: They do sports and exercise, are mindful of their diet and take care of their health. The principle of action of Schüssler-Salts and the idea of natural activation of self-healing powers fit this lifestyle well. By being attentive to the minor signals of the body many afflictions can be treated early and the body's own forces strengthened deeply. According to Schüssler's theory the salts assist to restore the body's equilibrium with gentle impulses. Thus, it is a holistic treatment method that addresses the causes of problems. In addition, it is easy to apply and very well tolerated. One can say: Schüssler-Salts are the ideal health companions in this day and age.

#### **For which Afflictions can the 12 Schüssler-Salts be used?**

*Peter Emmrich:* Due to their diversity and combinability the principle of action of Schüssler-Salts is vast. Whether as a single remedy or in combination, typical everyday afflictions such as coughs and sneezes, headaches, abdominal problems and digestive disorders, as well as muscle problems and tensions can be treated with various salts. They are also suitable for contemporary ailments like stress-related diseases, allergies, and intolerances. I use them in all patients who are seeking a naturopathic treatment.

#### **How do the Salts function?**

*Peter Emmrich:* In many diseases a dysfunctional cell metabolism is involved, or even the trigger of an illness. Our body relies on essential minerals, which have to be available and utilisable in the body on a cellular level. However, there is often a deficit, or the existing salts can not be correctly processed. Sometimes people take high doses of magnesium, but irksome cramps still occur. This is where the Schüssler-Salts-Therapy begins: According to Dr Schüssler, the special potentised give the cells impulses. This helps to activate the self-healing forces and regulates cell metabolism again. Some imagine a door opener: One therefore does not simply top up the body with minerals but rather support the body – by means of action principle – in their correct absorption and utilisation.

#### **Can Schüssler-Salts be combined with other Medication?**

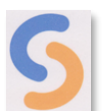
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*Peter Emmrich:* Yes, from my point of view this is often also sensible. Because, as recorded, conventional remedies are often not sufficiently effective alone. In my experience it is then often beneficial to take an appropriate Schüssler-Salt in addition. However, I also want to make clear that Schüssler-Salts are obviously not appropriate in every illness. Especially in severely acute or chronic diseases it is necessary to consult your doctor and discuss the suitable treatment. But in case of many afflictions and diseases, Schüssler-Salts offer – on their own or in combination with other medication – a gentle and well tolerated treatment option.

## What needs to be considered when taking Schüssler-Salts?

*Peter Emmrich:* It is quite easy to integrate Schüssler-Salts into the daily routine: For acute problems take one tablet of the appropriate salt every half hour to hour – minerals should always be dissolved in the mouth. You can repeat up to 6-times daily. With improvement reduce the frequency of administration. The standard dosage is one tablet 3-times daily. If you want to combine several salts, take one mineral in the morning, another one at noon, and another at night. Take either before or after meals – as long as the mouth is clear of food. Apart from that, therapists sometimes also recommend individual dosage regimens.

## How do I find out which Salt is suitable for what?

*Peter Emmrich:* The use of the individual salt is based on the now 150-years of experience of therapists and patients. My advice: Ask your natural therapist for detailed and individual recommendations for your afflictions. There are also a number of books available on the subject of Schüssler biochemistry.

## What excites you personally on the Schüssler-Salts-Therapy?

*Peter Emmrich:* With the selection of the correct remedy, acute problems can often be successfully treated within a very short time. The therapy is inexpensive and effective. What is important to me: Schüssler-Salts are well-tolerated, there are no known side effects or interactions. Therefore, they can be taken at all ages and circumstances – as a medical practitioner I also often prescribe the salts for children with growing pains, nausea in pregnant women, or athletes for muscle ache.

## Can Schüssler-Salts be used as a Prevention of Diseases?

*Peter Emmrich:* Yes, Schüssler-Salts can be used as a prevention – in naturopathy this is referred to as “strengthening the constitution”. When a patient has a type-related or chronic debility of a body system, I like to work with regulatory remedies such as Schüssler-Salts. They can activate the self-healing forces and bring the organism into balance. They also make perfect sense in seasonal problems such as susceptibility to infection, recurring bladder infections, or hay fever for instance. However, for the prevention of afflictions it is also vital to adjust the conduct – cue lifestyle. Natural medicine always takes a holistic approach. My recommendations for patients incorporate not only Schüssler-Salts.

## What are your Health tips for Autumn and Winter?

*Peter Emmrich:* Apart from Schüssler-Salts I recommend the following:

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1. Sufficient drinking to keep the mucous membranes moist – this protects from cold viruses.
2. Exercise and light – no matter what the weather; a walk in fresh air boosts the immune system and we get plenty of vitamin D.
3. For the brave people: Early in the morning run/walk barefooted through the cold grass. This may sound chilling, but just a few minutes have a stimulating effect on the blood flow. Important, dry feet well afterwards and wear warming socks.

**You have just published a Dr Schüssler Biography. What do you think Dr Schüssler would wish for today's Medicine?**

*Peter Emmrich:* Dr Schüssler was an innovative and inquisitive man who thought beyond existing boundaries. He would certainly welcome if more and more medical professionals would work holistically and in the sense of integrative medicine. With his form of therapy, he has established a wonderful method which also allows us, as therapists, to accompany people on their individual health journey.

## About Peter Emmrich

Peter Emmrich M.A. is a qualified biologist and chemist, as well as a general practitioner with additional certifications in homoeopathy, naturopathic treatment, and sports medicine. He has a lectureship for general medicine at the university Tübingen (Germany). His family practice functions as an academic teaching practice. He is president of the national association Baden-Wuerttemberg in the German Association of Homoeopathic Doctors, vice-president of the German Association of Naturopaths, and president of the European Association of Naturopathy.

## INTERESTING INFORMATION

### FISH OIL

Fish oil supplements aren't known for tasting good, with 'How to take cod liver oil without gagging' even becoming a popular search term.

But millions are chugging them anyway due to their perceived health benefits, with omega-3 fatty acids good for the brain, eyes, heart, and body in general.

A new study came up with surprising result, however, when healthy people who took fish oil supplements appeared to have a higher risk of developing heart disease.

The study published in the BMJ (British Medical Journal) looked at 415,737 people aged between 40 and 69 enrolled in the UK Biobank study between 2006 and 2010. They were asked questions about their lifestyle including use of fish oils.

They were tracked until the end of March 2021 or until they died, whichever came first.

But for those with **good** cardiovascular health, regular use of fish oil may increase rather than lessen the risk of first-time heart disease, atrial fibrillation, and stroke.

Those in the study who had **initial** good heart health and took the supplements had a 13% higher chance of developing atrial fibrillation, a heart condition causing an irregular heartbeat which can progress to more serious illness.

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