

# Schüssler Express

#126



## Positively Use the Power of the Intestine

A good digestion plays a vital role in our well-being. But often stomach and intestine cause problems, as everybody knows. The reason, the digestion is a highly complex process and susceptible to all sorts of disorders, from the wrong nutrition up to stress. The intestine even has “its own small brain” which, with its 100 million nerve cells, communicates with all parts of the rest of the body. To “have butterflies in one’s tummy” or “the trouble that causes an upset stomach”, originate there. How can digestion and “abdominal brain” be positively influenced?

### Digestion begins in the Stomach

Admittedly the way to a man’s heart is through his stomach, but the mechanical comminution in the oral cavity is primarily the first station of digestion. The main task of the stomach is to portionwise pass on the stored nutrition to the intestine. Easily digestible foods such as fruit and vegetables require 1-2 hours, fat-rich nutrition up to 8 hours. In the stomach the enzyme Pepsin already starts the breakdown of proteins into smaller pieces. And the acid milieu of the stomach also kills off germs. The intestine that follows is up to 7 metres long and arranged in different sections.

### The Function of the Small- and Large Intestine

The most important functional differences happen between small- and large intestine. Further digestion and absorption of pre broken down nutrients starts in the small intestine for instance, amino acids and free fatty acids. They are absorbed directly into the blood via the intestinal mucosa. The technical term for this process is **resorption**. Undigestible substances and

fluid remain in the small intestine. On the other hand, the remaining fluid is primarily resorbed. This makes it also an essential regulator for the fluid balance. Additionally, most of intestinal bacteria are in the large intestine. There are approximately 400 different species in the unimaginable large quantity of 10 billion. They are extremely important for the immune defence and, as a so-called biological functional unity, are named microbiome.

### The Microbiome and its Health-promoting Quality

The intestinal flora, the microbiome, is different in each person. The equilibrium of positive and rather destructive gut bacteria is decisive for a person’s health. Bad nutrition and chemical substances such as antibiotics can destroy the balance in favour of the “bad” germs and facilitate a colonisation with fungi. Digestive problems, feeling unwell and symptoms such as exhaustion can be the consequences. Study results even reveal a vital role in diseases like diabetes or depression. A good psychological mood could also be ascribed to the microbiome. The bacteria produce various substance, including psychoactive ones similar to the happy hormones, that reach the blood stream via the intestinal wall.

### Is Happiness in the Intestine?

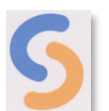
A healthy intestine could contribute to a personal feeling of happiness. At least science increasingly assumes that a close relation between microbiome, intestinal brain, brain and personal sensitivity exists. The intestinal function and colonised bacterial strains

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can be positively supported with so-called pre- and probiotics for example. There are a number of bacterial preparations available that, for instance after an antibiotic treatment can rebuild the intestinal flora. Microorganisms such as lactic acid bacteria and yeasts are also contained in foods like yoghurt or sauerkraut. Prebiotics are not digestible food components like dietary fibres in vegetables or wholegrain foods, that encourage bacterial growth and -activity in the large intestine.

## Tips for a Healthy Intestine

First up what can one do when stomach and intestine causes problems? When one suffers from abdominal pain, flatulence, or constipation? Here, active agents from various medicinal plants like fennel, peppermint, anise or caraway can assist. In form of teas, they have a positive, antispasmodic and calming effect.

### **Schüssler-Salts – The Intestinal Cure**

For problems in the digestive tract, no matter if constipation, diarrhoea, gas and flatulence, this course of treatment is recommended. It stimulates defaecation, reduces putrefactive gases, and improves bowel peristalsis. The salts should be taken as follows:

- Mornings on an empty stomach: **No. 5 Potassium phosphate 6X** – 2 to 4 tablets (dissolve only 1 tablet at a time in the mouth).
- Before lunch: **No. 9 Sodium phosphate 6X** and **No. 10 Sodium sulphate 6X** – 2 to 3 tablets each (dissolved in the mouth).
- Before bedtime: **No. 11 Silica 12X** – 2 to 4 tablets (dissolve in the mouth).

*Duration of treatment: 4 to 6 weeks*

Beyond that doctors and natural health practitioners provide support, often working hand in hand. Because generally the causes, not the symptoms of the problems should be treated. It is important to support the self-healing powers of the body, so that the intestine can get back to its healthy self-regulation.

And of course, the effects of sport or moderate exercises should not be underestimated. It fires up the gastrointestinal tract and benefits digestion. Thus, digestive problems can be actively prevented.

## The correct Diet

A healthy intestine helps us with an optimal digestion and the supply of valuable nutrients that are required on a daily basis. It is fundamentally important to live stress-free as much as possible and follow a wholefood diet. Besides of at least three portions of vegetables and two portions of fruit, legumes such as lentils, chickpeas and beans should be regularly consumed. This provides the body with plenty of nutrients and fibres. Apart from that, plenty of fluid is necessary. Approximately 1.5 litres of water or other non-alcoholic and unsweetened drinks per day are recommended. And with a gentle food preparation, fat in moderation, and a slow and conscious food consumption, the (intestinal) healthy will be thankful every day.

*The Institute of Biochemic Medicine  
(Asia Pacific)*

For more information on Intestinal Health with Schüssler-Salts see previous newsletters [www.biochemic-remedies.com.au/newsletters/](http://www.biochemic-remedies.com.au/newsletters/) and [Schussler-Express-101.pdf \(biochemic-remedies.com.au\)](http://www.biochemic-remedies.com.au/Schussler-Express-101.pdf)

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## YOGA FOR THE ABDOMAN



Those who suffer from stomachache want to do something about it very quickly. Fortunately, exercising can have a positive effect on belly and stomach and those affected do not need to completely forego sporting activities. Body and soul particularly collude in Yoga or Pilates. Slow movements can also create relaxation and thus counteract stress, a frequent cause of gastrointestinal problems or abdominal pain.

Here are a few helpful exercises that you can easily do at home.

### Yoga-Exercises

#### Exercise 1: Knee-Hugging

**Basic position:** Lay on your back and bend the legs. Close your arms around your knees, as if you were hugging them.



**Option 1:** On the exhale pull your head and chest towards the knees. Keep this position to the count of five and lean back on the inhale. Repeat five times.

**Option 2:** Same exercise as in option 1 only with one leg bend and the other straight on the floor.

#### Exercise 2: Back-roll

**Get into position:** Sit on the mat, legs are lightly bent and with your hands lightly grip your knees. Inhale deeply and straighten you back upwards. On the exhale pull in your belly button and round your back.

**Now let's start:** On the next inhale roll onto your back while keeping the form. The shoulder blades make contact with the floor, head is held in the air. On the exhale come up again into the starting position, then repeat.

#### Exercise 3: Boat (Navasana)

Sit on the mat, back slightly reclined, knees bend, tiptoes touch the floor. Stretch arm forwards and hold parallel, palms point inwards.



Now slowly stretch the legs upwards so that your body comes into a V-shape. Keep this position to the count of

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5 and on the exhale bend legs again. Rest and repeat exercise five times.

## Exercise 4: Bicycling

Lay on the back with hands under your head, legs stretched in the air. Alternately bend one leg in a 90-degree angle and at the same time lift the upper body diagonally towards the bend knee (left elbow to the right knee and vice versa).

**Important:** If stomachache intensifies during the training, or other symptoms like nausea occur, stop the exercises.

## Best home remedies to alleviate Stomachache

Stomachaches can have a multitude of causes. Pain often occurs as a result of eating, medication, or due to psychological reasons. In case of stress, exercising or yoga compensates and can ease the symptoms.

Here are further helpful tips, even if you don't necessary want to become an athlete. It doesn't have to be sport. Walking in fresh air will also do the world of good for body and soul. It is particularly beneficial for digestion after a meal.

## Correctly Drinking

The fluid balance is very important particularly for a sensitive stomach; do not only drink sufficient water during and after exercising but continuously. Adequate water and mild teas such as camomile tea are excellent. Smaller amounts strain the stomach less; therefore, it is advisable to drink small amounts during the day. Carbonated drinks and alcohol are not recommended. Rather drink tepid water without carbon dioxide.

## Correctly Eating

Those who want to do even more should follow a healthy diet and avoid sumptuous meals. Less is more: Eat more smaller meals instead of big lunches or dinners. Thorough chewing relieves the stomach, as the first part of digestion starts in the mouth by adding saliva to the food. And should it get worse sometime reliable home remedies will assist.

Grated apple, left to stand until it turns brown, is an old home remedy for stomachache especially in connection with diarrhoea. Nuts are a natural home remedy in case of heartburn. Simply thorough chew a handful of nuts.

***In case of persistent problems over a longer period medical advice must be sought.***

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