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SUMMER FEELINGS – WITH BEAUTIFUL, FIRM SKIN

HOW TO STRENGTHEN YOUR CONNECTIVE TISSUE

The summer can come! You can feel well in your skin. Whilst we enjoy the sun, our skin and connective tissue needs special attention. Sun protection and the strengthening of the connective tissue are especially important.

A strong connective tissue does not only give a better appearance but also makes for a pleasant feeling. On the topic “Connective Tissue” you’ll find valuable tips for a healthy summer skin.

Five Intriguing Facts about our Connective Tissue

Fascinating Fasciae: Beauty from within – and much more!

Wrinkle formation, cellulite, varicose veins, or stretch marks – almost everybody knows the signs of a weak connective tissue. But what exactly is the connective tissue and what is the role of the “fasciae”? And what can one do to keep the connective tissue smooth and fit? Osteopath Benjamin Hartlieb reveals the fascinating qualities of our possibly largest “organ”, and creates new perspectives on the ancient wisdom, “true beauty comes from within”.

1. The Connective Tissue is a Packaging Masterpiece and has long been underestimated

Connective tissue almost exists everywhere in the body, it is between cells and organs and accomplishes

very diverse tasks. Fasciae are made of firm connective tissue and form encasements of muscles, organs and complete body sections. The unremarkable, viscid tissue layer is elementary for our health. In the entire body our fasciae cater for nutrient supply and structure – they even keep the inner organs in the right place. And yet for a long-time science and medicine regarded the tissue as unimportant, even ignored it. Benjamin Hartlieb points out, “Around 15 years ago scientists started to research this fascinating tissue and its key role for our health more closely”. From this a fascinating insight is for instance, the gone out of fashion “seesaw exercise” by Father of Gymnastics Jahn (1778-1852), which is good for the elasticity of our fasciae.

What are Fasciae?

The name derives from Latin (band, baby’s binder, bundle). The fasciae traverse the entire body in three different layers – literally from head to toe. Fasciae envelope and connect all structures and cells of the body. They consist of long, fibrous cell formations. In common parlance “fasciae” means muscle fasciae.

2. Pain often sits in the Muscle Fasciae, not in the Muscles themselves.

Many sufferers of back pain don’t have “back”- but “fasciae” pain. For approximately 80 per cent of back pain current imagine methods cannot find a cause like disc prolapse or osteoarthritis for instance – it is referred to as non-specific back pain. Those patients were often told that their problems are psychosomatic. Nowadays

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we know that a large portion of pain processing happens in the fascia tissue. The fine tissue can conglutinate and thus cause tension in the overlying muscle layers. Injuries, but also stress and an imbalanced diet, play a big part. Apart from exercise our connective tissue also requires an inflammatory reducing diet with adequate minerals and vitamins.

3. Connective Tissue forms Collagen and stores Fluid and Nutrients

Fibroblasts are cells of the connective tissue that, among other things, produce collagen, the main component of fasciae, tendons and ligaments. Collagen is also essential for a firm, smooth appearance of our skin. Also important is the so-called “extracellular matrix” (ECM) which is part of the connective tissue. It is a vital storage space for our body for fluid (e.g. water and lymph) and nutrients. Together, fasciae and extracellular matrix act like a sponge – on tensing the muscle it is squeezed, on release the tissue becomes saturated again with fluid and nutrients. Therefore, exercising is essential for the correct absorption and optimal distribution of nutrients within the organism. Another important advice is of course “sufficient drinking”!

Fascia roll

They no longer can be assumed away from physiotherapy and fitness studios. Those rolls bad of hard foam or cork, with which the best-known form of fasciae training can be executed – slow rolling over the more or less hard fasciae rolls helps the conglutinated fasciae and tense muscle areas to better supply with blood, stretch, and loosen. Which tissue layer gets trained depends on the degree of hardness, form and size of the roll and the speed of rolling. **Important basic rules:** *Always roll towards the heart and never directly*

over bones and joints. Severe pain should also be avoided when using a fascia roll, otherwise the musculature builds up counter tension.

4. Our Connective Tissue is a Sensory Organ and can “communicate”

The sensitive fascia tissue contains ten times as much nerve endings as muscles. Special receptors constantly transmit information to the brain and the rest of the body – where is pain or pressure, what is the body temperature, where is tension, etc. This “body radio” largely works subconsciously but allows a fine self- and internal perception of the organism. It helps for an optimal regulation of all processes without our conscious assistance. In addition, the connective tissue is also linked to further important networks such as the hormone- and immune system. Hormones are transported in the fasciae and immune cells like macrophages (scavenger cells) await their deployment: they eliminate potentially harmful substances. Fasciae are an important communication channel of our body. However, the sensitive net can easily be disturbed, for instance through stress. Advice, get enough “beauty sleep” which is important for the regeneration of the connective tissue.

5. Fasciae are stronger than Muscles – and at the same time more Flexible

In accidents one can surmise the unbelievable strengths of the fasciae: They are able to balance enormous centrifugal forces and lashing capacities and thus can bear our body weight many times over. In comparison muscles have only a fracture of this strength. Fasciae give the body flexibility and at the same time stability. Strictly speaking it is a highly elastic supporting structure. However, as any net, fasciae are only as strong as their weakest point. As everything is

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correlated with each other in the body, an injury of the sole of the foot can affect the fasciae in the shoulder for instance. Adherences of the fasciae – for example as a result of infection – often have literally wide-ranging consequences in the body. Hence is vital to train and care for the long fasciae in the body, for instance with a fascia roll or yoga.

Good Gens, Bad Gens?

The fascinating connective tissue deserves, without doubt, our attention. Many are aware of certain body parts where a connective tissue weakness appears unattractively. And they question themselves, where it comes from and what can be done.

Cellulite on the buttocks or upper arm is of course no medical issue but can be a sign of an underlying connective tissue weakness. And naturally the bumps and lumps bother the person affected. But what exactly is behind all this?

Of course, gens play a part if and how severe one develops a connective tissue weakness. But there are further factors that have a large influence – for instance hormones: Lots of women observe a connective tissue weakness in menopause or during pregnancy. The female connective tissue is generally more elastic – structurally and hormonally it is designed to master the extreme expansion of a pregnancy and birth. However, men are not excluded from a weak connective tissue. And of course, age is a contributor. With age, elasticity and fluid substance of the connective tissue principally reduces, causing a certain relaxation of muscles and skin. But fortunately, there are some risk factors which can be avoided. For example, by relinquishing intensive sunbathing and thus avoid deep tissue damages. Or, by counteracting lack of exercise and over-weight with an active and healthy lifestyle. Our fasciae and the

connective tissue will be thankful.

Tips for the Care of the Connective Tissue from inside and outside

1. Follow a varied Diet and drink adequately

A connective tissue superfood is millet for example, due to its high contents in silicic acid. Many also swear by horse tail tea, which apparently strengthens the connective tissue from within. Tip: Don't use medicinal teas longer than 2 weeks, take a break.

2. Stimulate Mineral Metabolism with Schüssler-Salts

A combination of essential mineral salts, homoeopathically prepared, supports the body's own self-regulation powers. The recommended tissue salts are No.1 Calcium fluoride 12X and No. 11 Silica 12X – 3 tablets each per day (dissolved in the mouth).

3. The correct Exercise-Mix

Ideally for the connective tissue and fasciae is regular exercising which accomplishes all fitness factors: Power (e.g. gym equipment), Endurance (e.g. cycling), Co-ordination (e.g. ball games), Flexibility (e.g. gymnastics), Elasticity (e.g. trampolining or swinging), and Relaxation (e.g. good sleep).

4. Fasciae-Beauty-Programm

Best stimulate your connective tissue each day – for instance with contrast showers, brush massage, fascia rolling, sauna, cupping; and from time to time treat yourself to a massage.

5. Aligned Skin Care

Schüssler-Salts Lotion No. 11 Silica helps the skin to

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get back into balance. It contains Schüssler-Salt No. 11 Silica and is ideal for the application in the case of a massage. The lotion contains valuable nourishing ingredients – almond oil calms, jojoba smooths and gives structure, lecithin protects from moisture loss.

Schüssler Mineral Salts: Unique Active Principle

Mineral salts are important components of our body cells – without them nothing would function properly in the body. An imbalance of the mineral metabolism causes disruptions to the cell functions, according to Dr Schüssler (1821-1898). A deficit or a wrong distribution of minerals in the body also favours a connective tissue weakness. Specially triturated mineral salts give the cells impulses for self-regulation. This supports the absorption and distribution of the essential minerals in the body.

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THE CELL

What are the 4 Types of Cells?

- Epithelial cells – these cells are tightly attached to one another
- Nerve cells – these cells are specialised for communication
- Muscle cells – these cells are specialised for contraction
- Connective tissue cells

What is Cell Structure?

A cell consists of three parts:

- Cell membrane
- Nucleus

- Cytoplasm (between membrane and nucleus)

Within the cytoplasm lie intricate arrangements of fine fibres and hundreds or even thousands of miniscule but distinct structures called organelles. Cells receive raw materials – including water, oxygen, minerals and other nutrients – from our food. They let in raw materials through the cell membrane – the thin, elastic structure that forms the border of each cell.

What are the 4 Characteristics of the Cells?

All cells share four common components:

1. Cell membrane – separates the cell's interior outside
2. Cytoplasm – thick fluid that holds the cells organelles
3. Genetic material – capable of passing on traits to the cells' offspring
4. Proteins – perform structural, metabolic, and reproductive functions

What are the Three Functions of All Cells?

- Produce energy
- Support growth and repair
- Provide structural support

How many cells are in a Human Body?

It is estimated to be something like **37.2 trillion cells**.

What is a Cell? (Answer in short)

A cell is defined as the **smallest, basic unit of life that is responsible for all of life's processes**. Cells are the structural, functional, and biological units of all living beings. A cell can **replicate itself independently**. Hence, they are known as the **building blocks of life**.

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