

Schüssler Express

#135



MORNING RITUALS

A Good Start in the Morning assists with a Relaxed Start to the Day

Morning Rituals help us to a relaxed start of the Day

Get up relaxed, sufficient time in the bathroom, a cup of tea or coffee in comfort, a healthy breakfast, reading the newspaper – all these can be rituals that can embellish our start to the day. The following examples are for inspiration and can easily be integrated into the individual morning routine.

Matinal Gratitude Ritual

It is often easier to get a few minutes to oneself especially in the morning, than during the rest of the day. Maybe for a gratitude ritual? Those who take the time for gratitude lead a happier life. What it means: ***We should take the time to reflect on the beautiful things in our life.*** What we are thankful for, who is there for us, what we have experienced and gone through. These can be small or large issues; but they have one thing in common: ***They give us a good feeling and allow for a happier start to the day.***

Affirmations

- "I love myself as I am."
- "I am able to reach my goals."
- "I can achieve my tasks today."
- "I give my best every day."

Affirmations are phrases we tell ourselves – partially also voice aloud – and that do us good. The reason for this is our **subconscious** which we feed in this manner with **positive thoughts**. We are particularly receptive

for this form of **positive psychology** early in the morning. The articulation of motivating phrases gives us strength for a successful day.

Keep a Journal

It is worthwhile keeping a diary. Recording our thoughts and feelings helps us to **deal with stress**, in general be **more positive and content with life**, better appreciate memories and become more resilient towards everyday challenges. A good time to write in a journal or read old(er) entrances is early in the morning. It is easier to take the time in the morning when the head is not yet crowded. Furthermore, it also assists with a positive and optimistic start of the day.

Breathing Techniques

Deep breathing helps to regain control in stressful situations and remain present. Just the simple closing of eyes and deeply inhaling and exhaling through the nose has a relaxing effect on our body. **Conscious and controlled breathing** can contribute to **lift our mood**, reduce **anxiety states**, and increase our **productivity**. Stress hormones are reduced, and we quickly feel better. This simple technique can be used several times a day, every time we feel we have "to wake up". A few moments of deep breathing is always beneficial.

Exercises

Early morning exercise often takes a lot of effort, however, is highly advisable. Those who incorporate exercises in their morning routine have a better start to

Disclaimer – Every effort has been taken to ensure that the information provided complies with current Institute practices and knowledge at the time of going to press but should not be considered as a replacement for competent medical advice. The reader retains responsibility for whatever actions they may or may not take. The author and publisher do not assume liability for possible damage or injury resulting from the practical advice offered in the publication.

The Institute of Biochemic Medicine (Asia Pacific) is a branch of the German Association of Biochemistry, founded at Oldenburg (Germany) in 1885

www.biochemic-remedies.com.au

www.biochemie-online.net

© Copyright



Schüssler Express

#135



the day. Circulation is stimulated; we absorb more oxygen and feel stronger. Of course it does not have to be a half marathon; perhaps a short bike ride, a few push-ups, or some relaxing yoga in the morning is quite sufficient to reach the described effects.

The Perfect Breakfast

Even breakfast has the makings of morning ritual. The **conscious preparation with fresh ingredients**, the smell, the anticipation, and the first cup of tea or coffee make a perfect start to the day; by the way, not only on the weekend. For a balanced, delicious breakfast, it is certainly worthwhile getting up a few minutes earlier. The effects on the entire day are noticeable. We feel invigorated, are better concentrated, and do not encounter any food cravings. In the selection of foods, we should consider their nutritional value and richness in **minerals, vitamins, and trace elements**.

Tip: Freshly prepared and delicious smoothies for breakfast are a perfect supplement to fresh muesli or healthy granary bread.

Start the Day with Schüssler-Salts

For additional energy in everyday life, we recommend the following Schüssler-Salts combination:

- **No.2 Calcium phosphate 6X** – Salt for Bones and Teeth: 6 tablets in the morning
- **No.5 Potassium phosphate 6X** – Salt for Nerves and Psyche: 6 tablets at noon
- **No.7 Magnesium phosphate 6X** – Salt for Nerves and Muscles: 6 tablets at night

Follow treatment for 6 – 8 weeks. Tablets should be dissolved in the mouth.

Schüssler-Salt No.2 Calcium phosphate 6X

The Salt for Bones and Teeth

- Be strong at every age
- Fosters the hard structure of bones and teeth
- For a radiant smile

Schüssler-Salt No.5 Potassium phosphate 6X

The Salt for Nerves and Psyche

- In stressful everyday life
- Benefits strong nerves
- Supports in finding inner equilibrium

Schüssler-Salt Nr.7 Magnesium phosphate 6X

The Salt for Nerves and Muscles

- Supports the function of nerves and muscles
- In especially challenging times
- In case of sporting activities

*The Institute of Biochemic Medicine
(Asia-Pacific)*

The Clinical Science of Biochemic Therapy

Incorporating Facial Diagnostics

Next 4-Day-Seminar

20. – 23. November 2025 Perth WA

www.biochemic-remedies.com.au
admin@biochemic-remedies.com.au

Disclaimer – Every effort has been taken to ensure that the information provided complies with current Institute practices and knowledge at the time of going to press but should not be considered as a replacement for competent medical advice. The reader retains responsibility for whatever actions they may or may not take. The author and publisher do not assume liability for possible damage or injury resulting from the practical advice offered in the publication.

The Institute of Biochemic Medicine (Asia Pacific) is a branch of the German Association of Biochemistry, founded at Oldenburg (Germany) in 1885

www.biochemic-remedies.com.au
www.biochemie-online.net

© Copyright

