

Schüssler Express

#136



HEALTHY THROUGHOUT WINTER WITH SCHÜSSLER-SALTS

With wind, rain, snow and lower temperatures, the colder, darker season provides a challenge for our Immune System. Consequently, feeling chilly, running nose, or sore throat are often typical companions in autumn and winter. How can we protect ourselves or take countermeasures when a cold develops? Schüssler-Salts strengthen the body's defences and, as natural remedies, alleviate initial problems.

Now it is especially important to be fit and healthy – and to remain. Individually, or as a combined course of treatment, Schüssler-Salts stimulate the self-healing powers of the organism. According to Dr W.H. Schüssler (1821-1898), a dysfunction of the mineral metabolism weakens the body and illnesses can develop. Schüssler-Salts stimulate the equilibrium in the mineral balance. Thus, the body's own balance is restored, and the body's defences of the organism are strengthened.

When the Nose prickles

At the first signs of a cold such as prickling in the nose or slight chills, Schüssler-Salt No. 3 Ferrum phosphate 12X – the salt for the immune system – helps to keep the infection at bay. Ferrum phosphate ensures a good oxygen absorption in the body, stimulates circulation and assists the body to discharge toxins. For that purpose, take 1 tablet every hour during the day – tablets are dissolved in the mouth. This allows for quick absorption of active agents via the mucous membranes.

If a cold has already developed, the treatment should be complemented with Schüssler remedy No. 8 Sodium chloride 6X – the fluid regulator. Sodium chloride assists

the organism in its cleansing, to improve defence, and to antagonise penetrated viruses. At the start of a beginning cold it is recommended to take No. 3 Ferrum phosphate 12X and No. 8 Sodium chloride 6X in hourly alternation – 1 tablet to be dissolved in the mouth. With improvement, the treatment can be continued for a further two days.

How do Schüssler-Salts help with Rhinitis and the likes?

When the cold symptoms intensify and a sore throat is experienced, it is advisable to have a look at the tongue because this can give us a clue how our body fares. Unfortunately, the assessment of the tongue has been neglected in favour of laboratory medicine, it is still of importance in natural medicine and traditional Chinese medicine. A whitish coating of the tongue indicates that the body must tackle an infection. This requires Schüssler-Salt No. 4 Potassium chloride 6X – the salt for the mucous membranes – a powerful weapon against many typical cold symptoms. In case of infections, Potassium chloride manages the white deposits on the mucous membranes in the oral- and pharyngeal cavity.

When the tongue shows a yellow coating and one must get rid of phlegm in the mornings, Schüssler-Salt No. 6 Potassium sulphate 6X soothes and helps. With its expelling effect, Potassium sulphate is responsible for detoxification processes in the body. Take 5 – 10 tablets during the day. In case of acute problems, the dose can be increased to 3-6 times 2 tablets day.

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Timely administered, Schüssler-Salts can shorten the duration of the cold and alleviate typical problems such as rhinitis, sore throat and cough. However, if symptoms persist plus fever, a doctor should be consulted. Especially for symptoms like dry cough, fever and loss of taste it is imperative to seek medical advice.

Tips for Immune-Strengthening

To get our body well through the season of colds and flu it is important to drink a lot! Those who drink plenty keep their mucous membranes hydrated and therefore protect them from colds. Optimal amounts for a healthy person are ca 2 litres a day. Exercise, teas and officinal plants also help to quickly overcome infections. A therapeutic home remedy for a cold without fever are warm foot baths. Another reliable remedy is honey which is rich in enzymes, minerals and vitamins, and soothes sore throat and tickle in the throat.

Preventively, one can also do something for the body's defences at home: Treading water in the bathtub. Fill the tub with cold water up to the calves – then alternately lift one leg completely out of the water for a few minutes. Make sure to hold on to something! Then thoroughly dry the legs and walk on the spot until they are warm. This stimulates circulation. Or, running through cold grass for a few minutes also has a stimulating effect. Important: Thoroughly dry and warm up the feet. Prior to running outside the feet should be warm in any case!

Naturopath Peter Emmrich has another tip for the winter months: *“Even when the weather is not so inviting, a walk in the fresh air stimulates the immune system and is healthy for the mucous membranes”. So, get out into the fresh air.*

Immune-Cure with Schüssler-Salts

To strengthen the immune system the following treatment with a combination of several Schüssler-Salts has proven reliable.

Administration:

- Morning: 2 tablets of No. 3 Ferrum phosphate 12X
- Noon: 2 tablets of No. 6 Potassium sulphate 6X
- Evening: 2 tablets of No. 7 Magnesium phosphate 6X

In addition to Schüssler-Salt No. 3 Ferrum phosphate 12X, salt No. 6 Potassium sulphate 6X fosters excretory processes, and No. 7 Magnesium phosphate 6X ensures more energy and strength. The combination of all three salts is an optimal support for the body's defences.

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Immune-Booster-Smoothie

In the cold and flu season minerals and vitamins strengthen our immune system and a smoothie with fresh ingredients are a great and delicious option. Try this Immune-Booster-Smoothie and get an extra portion of vitamins and minerals!

Ingredients for 4 glasses

- 1 orange
- 1 kiwi
- 1 handful of spinach leaves
- ½ handful of cashews
- Ca 1 cm of ginger
- Juice of 1 lemon
- Lemon zest from ½ lemon
- 1 tsp honey
- 200 ml water



Preparation

- Peel and chop orange and kiwi
- Wash and chop spinach
- Peel and juice the lemon
- Finely chop ginger

Place all ingredients into mixer or blender. By adding water, smoothie can be diluted to the desired consistency.

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