

Schüssler Express

#137



TIPS FOR A GOOD START INTO SPRING

The noticeable longer days, new shoots and buds are certainly a hint: Spring is in the air. Magazines are full of tips for energy-, detox-, fasting-, and fitness treatment courses. Here are some suggestions to stay fit through spring and soak up energy for the summer.

The Internal Clock is the Metronome

For millennia, the biological rhythm of creatures – including humans – has been determined by the change of light conditions of the various seasons. The retinas of the eyes transmit the light impulses to certain parts of the brain, where hormones and messengers are produced e.g. melatonin. Melatonin controls not only the circadian rhythm but also the seasonal rhythm. A lack of light in winter stimulates the melatonin production which in turn facilitates sleep and restricts the release of sex hormones. The consequences, we often feel tired, lacking in motivation, and even in a bad mood. Unfortunately, the bad mood is often intensified by frequent colds and infections during winter. This all changes in springtime: The first longer days are quasi a starting signal for the change of this internal metronome.

Springtime makes Happy

Everyone knows it, in spring, the mood suddenly improves and lots of impulses for new activities dawn.

The increasing light intensity inhibits the production of the sleep-promoting melatonin and boosts the mood enhancing messenger serotonin as well the activating hormones dopamine and adrenalin. The spring fever are also intensified by external factors such as warmth,

sun, scents of first flowers, and the longer days. Thus, the start of spring is pleasant overall package. What can one do for an optimal start to the new season? Here are a few simple tips for a manageable springtime package:

- **Eat lightly:** Now is the time for a slight change in diet. For instance, it serves to reduce the meat ratio in meals with vegetables, and as often as possible to substitute a calorie-rich dessert by fresh fruit.
- **Get out into nature:** “Couch potatoes” should also take the opportunity to go out into the fresh air and especially soak up the sunlight. It is so easy, go for a regular walk during lunch break or after work, 20 minutes work like a miracle.
- **Sport supports health:** Regular moderate sport assists the cardiovascular system as well as the metabolism and immune system. Sport also helps to build up stamina and be productive. It is important to exercise regularly and gradually increase to an optimal stint. All kinds of sports are suitable, swimming, cycling, jogging or walking, but also tennis, squash, badminton, etc., as long as you keep to your limits. Older people and those with health issues should get a health check with their doctor. In any case, complete as many chores on foot or by bicycle.
- **Stimulate detoxification:** There are various approaches under the heading “detox” to channel accumulated waste matter and toxins. One option is fasting or therapeutic fasting, or certain diets. Beneficial are regular visits to the sauna, providing there are no health issues. Drink at least 2 litres of water or unsweetened herbal tea. Those who want to detox should discuss suitable methods with a

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

#137



doctor or health practitioner about suitable methods.

- **Balsam for the soul:** Many people suffer from so called "winter depression" with symptoms like fatigue, listlessness and lack of motivation. This is because we don't get enough sun-, or daylight. Those who still haven't got entirely rid of the bad feelings should now actively seek distraction, how about a nice picnic in nature or a relaxing walk or hike. Special daylight lamps can also help to brighten up the soul.

Nature awakens in Springtime

For many people spring is a very special season as one can observe growth and development of plants and trees. Nature literally explodes on warm, sunny days and each day presents a new, fascinating picture. The fresh green also creates a special mood. Spring is the ideal season to spend outdoors. A simple stroll in the meadows suddenly reveals fascinating things: A beetle her, birds there, new leaves, etc. A beautiful time to pause and closely observe the awakening of nature. What flowers grow along the path? What animals and birds do I see? No matter if in the forest, the own garden, or on the balcony – enjoy the spring.

COURSE OF TREATMENT WITH SCHÜSSLER-SALTS No. 6+10+12 FOR INNER CLEANSING

All Good Things come from within

The waiver of unhealthy dietary habits relieves your body. The combination of mineral salt No. 10 Sodium sulphate 6X for inner cleansing, No. 6 Potassium sulphate 6X for detoxification, and No. 12 Calcium sulphate 6X will assist.

Recommended Administration

- Morning: No. 12 Calcium sulphate 6X
- Noon: No. 10 Sodium sulphate 6X
- Evening: No. 6 Potassium sulphate 6X

At the indicated time slowly dissolve 2 tablets of the mineral salt.

Follow treatment for 4 – 6 weeks; can be extended and/or repeated.

What makes Schüssler-Salts special?

- Schüssler-Salts support the body naturally and holistically
- They are well tolerated
- They are easy to administer

TIPS FOR INNER CLEANSING: DETOX THE BODY AND GAIN NEW ENERGY

So, as we regularly clean and tidy up our home, we can also consciously support our own body in its cleansing duties. Many fasting cures are based on this principle. A gentle inner cleansing can support our body in quickly getting rid of burdensome substances. Find out when inner cleansing is sensible, what does detox means, how it functions and the impact of detoxification.

What is Detox?

Detox or detoxification is the internal cleansing of the body. A detox-treatment supports the detoxifying organs liver, gall, kidneys, intestine, skin and the lymphatic system.

Why is an Inner Cleansing sensible?

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

#137



We breathe, eat and drink – this is our life-elixir. However, not everything we absorb is the best for our body. Daily we are exposed to pollutants and contaminants – even when following a healthy diet. Of course we have our detox organs liver, kidneys, gall bladder, intestine, lymphatic system, and the skin. Around the clock and in smooth collaboration, they dispose of adverse substances and thus keep our organism in balance.

Substances that burden our Body

The classic contaminants are:

- Adverse substances in foods, e.g. finished products
- Bacterial- and vomitoxins
- Chemicals and cleaning agents
- Heavy metals such as lead, cadmium, or mercury in foods
- Dissolved plasticisers in plastic bottles

But when do I know if my body is stressed and it is time for detoxification?

Typical Signs of Strain

There are some signs that you can pay attention to:

- Increase susceptibility to stress
- Physical performance deficiency
- Concentration disorders
- Increased infections due to a weakened immune system
- Skin problems
- Gastrointestinal problems
- Fatigue and conspicuous tiredness

Tips for Inner Cleansing

The liver is our main detox organ that breaks down contaminants. The metabolites get into the intestine where they are excreted. Certain substances are flushed out with the urine via the kidneys. Whereas other metabolic products are converted into carbon dioxide and exhaled via the lungs. With simple measures we can simplify these processes for the detox organs. Here are some tips for inner cleansing.

Nutrition: Food that makes us Fit

A balanced diet with lots of fresh and alkaline foods provides us with essential vitamins, minerals and fibres, and support the organism. A healthy detox menu includes:

- Plenty of fresh organic fruit
- Lots of seasonal organic vegetables
- Plenty of fluid such as water (at least 1.5 l a day)

What burdens our Body

When deciding on a detox treatment for inner cleansing we should avoid everything that can put a dietary strain on the body. This includes:

- Finished products and additives
- Fat-rich and acidifying foods such as meat and sausages
- Sugar and sweets
- Coffee
- Dairy products
- Wheat, yeast, and white flour
- Alcohol
- Cigarettes

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

#137



By the way: Starving, to detox, is not a good alternative, because the body needs energy suppliers. Those who want to detox with a fasting cure should first discuss this with their GP and do so under professional guidance.

The best Basics for a Cleansing Treatment

- Ginger strengthens the immune system and assists with digestive problems
- Garlic has an anti-bacterial effect and keeps the vessels young
- Green tea has a strong antioxidative effect
- Lemons with their high vitamin C content can protect from free radicals. The sour juice not only assist in losing weight but also has an anti-aging effect.

Extra-Tip: Complementary mineral salts can benefit inner cleansing.

Some Exercising and the Inner Cleansing works

Going for walks in fresh air, stair running, walking, jogging, cycling, swimming, ball games, dancing – all kinds of physical exercise use up energy, fosters muscle structure, prevents excessive fat deposits in fat tissue and stimulates the metabolism. Daily exercising between 30 minutes and 1 hour is sufficient to give our detox centre a hand and to feel better and more vital all-round.

Extra-Tip: With the breathing practised in Yoga and Pilates more oxygen gets into the body. This stimulates the metabolism.

Small Therapeutic Rituals – gentle cleansing from outside

The skin can also be supported with little therapeutic rituals:

- Baths
- Steam baths
- Sauna
- Brush massages
- Peelings

Conclusion: A gentle stimulation of the excretory organs is relieving and can give us new energy, enhance our well-being and is good for our health all round.

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

