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#138

Alive and Kicking with Schüssler-Salts

To remain active and feel well all round it pays to have a look at your mineral nourishment. Find out why Magnesium plays an essential part. For care-free moments you should also keep an eye on your cystic health. We have a few helpful tips when your legs feel heavy or get tired on warm days. Enjoy warm days full of vitality and well-being.

Why Magnesium is indispensable in Summer

Summer is a wonderful season to enjoy the sun, be active and refuel new energy. But, with warm temperatures the body not only loses fluid, due to perspiration, but also valuable minerals – predominantly **Magnesium.**

Magnesium is essential for numerous functions in the body and, among other things, contributes to the **electrolyte balance, normal muscle function** and a **normal energy metabolism**.

Those who are very active benefit from a conscious magnesium-rich diet. Green vegetables, nuts, seeds and legumes are particularly recommended. But whole grain products, dark chocolate with at least 75% cocoa content, and brown rice are valuable contributors.

However, when the diet alone is insufficient, you can supplement your requirements, and Schüssler-Salt **No. 7 Magnesium phosphate 6X** assists with a better absorption and distribution into the cells.

What is Magnesium?

Magnesium is found in blood cells, muscles, the brain, spinal cord, as well as in the nerves, heart, glands, bones and teeth. It is also termed the **energy-mineral**. This expression is ascribed to the trait that magnesium **reduces and prevents** excessive **stress reactions** in the body. Hereby we become more resilient towards stress and rapid fatigue is forestalled. Cumulative, magnesium also affects the **mental- and physical performance.** Overall, magnesium is involved in over **300 metabolic reactions** and fulfils vital bodily tasks.

As the mineral Magnesium is also part of the **essential micronutrients**, the body is unable to produce it. Thus, an adequate amount of magnesium has to be consumed regularly via food.

Among others, Magnesium contributes to:

- A normal energy metabolism
- Normal psychological function
- Reduction of fatigue and tiredness
- Normal muscle function
- Maintaining normal bones
- Maintaining normal teeth
- Normal function of the nervous system
- Normal protein synthesis
- Electrolyte balance
- Co-factor in the ATPase

Furthermore, magnesium also has a function in cell division.

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Magnesium: What is the daily Requirement?

The recommended daily intake of magnesium depends on sex and age. The requirement may be influenced by pregnancy and lactation period.

The German Society for Nutrition recommends a daily Magnesium supply of ca 300 mg for women and 350 mg for men. Under certain circumstances the requirement can be distinctly increased. Athletes for instance lose more magnesium with increase perspiration, so the provision should be increased to support muscle function and regeneration. In phases of stress the magnesium demand also increases as magnesium is vital for the nervous system and the energy metabolism. During pregnancy and nursing period the demand is also higher in order to optimally support the health of both mother and baby.

Magnesium Deficiency

What can cause a Magnesium Deficiency?

Magnesium is contained in many foods, so the body normally receives sufficient magnesium with a balanced diet. However, a study conducted in France shows that 75% of men and 77% of women do not get the daily minimal magnesium requirement through food.

A magnesium deficiency (hypomagnesaemia) can be caused by one-sided diet, increased stress level, intensive sport, or during pregnancy.

Underlying medical conditions that reduce magnesium absorption cause a deficiency. These are mostly chronical inflammatory intestinal diseases like Crohn's disease or ulcerative colitis. But a gluten intolerance can also inhibit resorption via the intestine. And acute diseases such a vomiting or diarrhoea causes increased excretion. Frequent use of laxatives also heighten excretion as the nutrition in the gut passes too quickly. In case of diabetes, the intake of diuretics, or high alcohol consumption, the enhanced magnesium excretion happens via the kidneys and thus also causes a deficiency.

The following Medications favour a Magnesium Deficiency:

- Diuretics
- Cortisone
- Antacids/ proton pump inhibitors
- Oral contraceptives

Typical Magnesium Deficiency Symptoms are:

- Calf cramps
- Exhaustion
- Muscle twitching on corner of eyes and mouth
- Headaches
- Lack of concentration
- Cramp-like gastrointestinal problems
- Sleeping disorder
- Period cramps
- Tachycardia
- Hypertension
- Weak heart rhythm and myocardial insufficiency

A side-effect of magnesium can be light, harmless diarrhoea. The personal tolerance of magnesium is very individual. If diarrhoea occurs the total amount spread over a day, or the dosage, should be reduced.

Increased levels in blood – above 1.6 millimole (mmol) per litre – can cause problems like nausea and reduction of blood pressure. High doses of magnesium

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#138

(more than 300 mg) should always be discussed with a doctor.

Magnesium-rich Foods

Good magnesium sources in foods are nuts, dark chocolate, whole grain products, green vegetables, or legumes.

- Pumpkin seeds – 500 mg of Mg/100 g
- Dark chocolate – 300 mg of Mg/100 g
- Brown rice – 170 mg of Mg/100 g
- Lentils (raw) – 128 mg of Mg/100 g
- Kohlrabi – 40 mg of Mg/100 g

Summer Days without Bladder Issues

The warmer season invites to carefree moments. But bladder infections can tarnish the summer feeling. Symptoms like frequent urinating, burning sensation, or a pressure feeling can impair the well-being.

Often bacteria are the cause. They enter the bladder via the urethra and cause inflammation to the mucous membrane. Usually, the immune system deals with the pathogens. However, in summer, light clothing or wet swimsuits can cause hypothermia of the abdomen and makes the bladder more susceptible.

Prevention

- Plenty to drink: water and herbal teas flush out germs
- Change wet clothing: avoid hypothermia
- Consider hygiene: after the use of the toilet wipe from front to back
- Use of toilet after sex: empty the bladder to flush bacteria

Bladder infections and Urinary Tract Infections (UTI) are frequent problems that occur when the body's defences are weakened. In such cases bacteria have an easy game in bladder and urethra. In severe cases the pathogens can even get into the renal pelvis via the ureter which can cause serious complications.

An abnormal equilibrium between pathogens and defence mechanism in the bladder can cause acute UTIs and bladder infection. A cystitis is mostly caused by bacteria that get from the anal area into the urethra where they settle at the mucous membranes.

Why are Women more often affected by Cystitis?

Women are especially susceptible to UTIs, as their urethra is shorter, which makes it easier for bacteria. Further risk factors are a weak immune resistance and hypothermia. Approximately 50% of all women experience an uncomplicated cystitis at least once in their lifetime. About 40% develop a relapse and many suffer from recurring UTIs.

In younger years men are less affected but with age and increased prostate problems urinary tract infections are more common.

Typical Symptoms of a UTI

- Pain or burning when urinating
- Frequent urge to urinate with little output
- Abdominal pain and fever in case of severe infection
- Blood in urine

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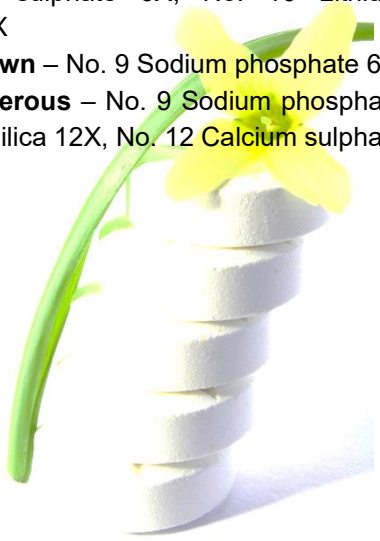
Schüssler-Salts for Bladder Problems

The following Schüssler-Salts are recommended for bladder issues:

- **Burning** – No. 3 Ferrum phosphate 12X, No. 8 Sodium chloride 6X
- **Catarrh** – No. 3 Ferrum phosphate 12X, No. 7 Magnesium phosphate 6X, No. 8 Sodium chloride 6X, No. 11 Silica 12X, No. 16 Lithium chloratum 6X
- **Chronic** – No. 6 Potassium sulphate 6X, No. 11 Silica 12X, No. 12 Calcium sulphate 6X, No. 16 Lithium chloratum 6X
- **Cystitis** – No. 3 Ferrum phosphate 12X, No. 8 Sodium chloride 6X, No. 9 Sodium phosphate 6X
- **Inflammation** – No. 3 Ferrum phosphate 12X, No. 4 Potassium chloride 6X, No. 8 Sodium chloride 6X, No. 9 Sodium phosphate 6X, No. 10 Sodium sulphate 6X, No. 16 Lithium chloratum 6X
- **Urine is brown** – No. 9 Sodium phosphate 6X
- **Urine is ulcerous** – No. 9 Sodium phosphate 6X, No. 11 Silica 12X, No. 12 Calcium sulphate 12X



Goodbye to Heavy Legs even on hot Days

When the sun burns down on us and the temperature rises, our legs often feel heavy, tired and swollen. Each steps becomes a challenge and the desire for lightness increases. There are two simple ways to increase well-being: gentle movement, sufficient fluid intake, and natural support.

Additionally, we recommend **Mineral-Cream-Blend V** to support skin care when experiencing venous disorders. Its combination of minerals counteracts swollen legs and nurtures the skin noticeable. Heavy and tired legs are revitalised in a natural way.

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