

# Schüssler Express

#144



## SCHÜSSLER-SALTS FOR HEART AND CIRCULATION

*The lists of indications for cardiovascular diseases in Schüssler's literature can be confusing. All twelve individual salts are listed in a wide variety of variations and combinations. This can be particularly confusing for beginners in Schüssler therapy.*

Of course, there is no specific salt for nervous palpitations, just as there is no salt for hypertension. As always in naturopathy, the aim is to provide individualized treatment and to understand the unique characteristics of each person.

Basic remedies for hypertension combined with arteriosclerotic vascular changes require long-term administration of No. 1 Calcium fluoride 12X and No. 2 Calcium phosphate 6X. The cornerstone of Schuessler therapy for stress-related hypertension is No. 7 Magnesium phosphate 6X.

Magnesium phosphate is known to relieve cramps and pain caused by spasms. The symptoms of such vascular spasms manifest themselves in the extremities as cold hands and feet, in the brain as dizzy spells, and in the heart as tightness in the chest area, even leading to angina pectoris. For that reason, No. 7 can be used prophylactically as a vascular and cardiac care remedy.

Magnesium phosphate activates rhythmic forces in our body cells, it transmits life impulses and gives our cells vitality, which contrasts with the rigidity of a spasm. Acute anxiety attacks associated with fear, nervousness, and congestion in the head respond promptly to the "Hot Seven". To do this, dissolve 10 tablets in a large cup of hot water and drink the solution in small sips. An acute Magnesium phosphate

deficiency manifests itself in facial diagnosis as typical "magnesium spots/redness" on the cheeks.

In contrast, people with similar symptoms but who lack No. 1 Calcium fluoride 12X, tend to have a waxy pallor. Overall, the person also appears to be less energetic and more anxious. They clearly lack the tonicity effect of Calcium fluoride.

No. 8 Sodium chloride 6X is also indispensable in the treatment of hypertension. In line with Schüssler's theory that mineral deficiencies lead to distribution disorders in the organism, Sodium chloride intervenes in the regulation of fluid balance. It alleviates the pulsing in the blood vessels, which patients experience as very stressful, and the feeling that the heartbeat is shaking the entire body.

Special characteristics point us in the direction of No. 8 Sodium chloride 6X: The patient reports feeling cold around the heart, sleeping on their left side causes heart pain, and they automatically reach for the saltshaker at the dinner table without tasting the food first.

Schüssler-Salts regulate functional circuits. Schüssler himself referred to them as functional remedies and preferred the function-tropic homeopathic potencies 6X and 12X.

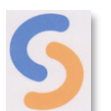
No. 8 Sodium chloride 6X is also used to treat hypotension. I often find that women in particular do not drink enough fluids. They explain this by saying that they do not feel thirsty. A 14-day prescription of No. 8 in the hot version provides relief. In the morning dissolve 10 tablets of No. 8 Sodium chloride 6X in 1 litre of hot

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

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water, sip all of it during the day. This recipe is also suitable for dehydrated elderly people.

No. 5 Potassium phosphate 6X is the main remedy for gently raising blood pressure. It increases low blood pressure, but only to normal levels, not above: 3–6 tablets per day. Due to the generally stimulating effect of No. 5, individual tolerance should be tested with evening doses.

Potassium phosphate is also regarded as the fuel or fire for our cells. If there is a deficiency in the heart, this manifests itself in a lack of cardiac strength with poor circulation: symptoms include adynamia, episodes of heart weakness with dizziness, palpitations, and arrhythmias associated with anxiety and a weak, rapid pulse. With Potassium phosphate, we can counteract rapid fatigue with a tendency to dizziness prior to unfamiliar physical exertion. In addition to the usual advice to exercise, train your circulation in the sauna, and of course drink enough fluids, etc., I recommend the “heart wine by Hildegard of Bingen” to my patients. It strengthens the heart, can be administered for both low and high blood pressure, is suitable for fasting crises, and prevents sensitivity to weather changes.

However, just as a fire cannot burn without oxygen, No. 5 needs No. 3 Ferrum phosphate 12X to unleash its full power. No. 3, with its muscle-strengthening effect, improves the oxygen supply to the entire musculature. On the one hand, it increases performance and endurance, and on the other hand, it also helps with overexertion, i.e., sore muscles. A severely flushed face, combined with a feeling of heat during exercise, are typical signs of an acute need for No. 3 Ferrum phosphate 12X. As a sports drink, it is therefore advisable to dissolve 20-30 tablets in 1 litre of water. Drinking this solution before, during, or after exercise is a sure way to prevent muscle soreness.

The primary salts used in the treatment of venous disorders are No. 1 Calcium fluoride 12X and No. 11 Silica 12X. The main task of No.1 Calcium fluoride 12X is to maintain the elasticity of our tissues or restore it where it is lost. Its area of application therefore covers the entire complex of varicose vein symptoms as well as haemorrhoids. Calcium fluoride helps the body find the right balance between rigidity, hardening, and flexibility. One aspect is the strengthening of the vein walls, the other aspect, in relation to circulation, is its administration in cases of arteriosclerotic changes in the vessel walls.

No. 11 Silica 12X, like No. 1 Calcium fluoride 12X, strengthens and builds collagen and elastic fibres in connective tissue, and is recommended as a complementary combination remedy.

Summertime is travel-time. So, to conclude, here is a Schüssler mixture that I have personally found helpful on long flights. All potassium salts in Schüssler minerals affect blood viscosity. Taking 10 tablets each of No. 4 Potassium chloride 6X, No. 5 Potassium phosphate 6X and No. 6 Potassium sulphate 6X will reduce the unpleasant feeling of heaviness and swelling in your legs when sitting for long periods. Have a good trip.

*Alternative Practitioner Ilse Grote*

### The Clinical Science of Biochemic Therapy Dr W.H. Schüssler Seminar Schedule 2026

24 <sup>th</sup> – 27 <sup>th</sup> April 2026	Queanbeyan NSW
18 <sup>th</sup> – 21 <sup>st</sup> June 2026	Ashgrove QLD
13 <sup>th</sup> – 16 <sup>th</sup> August 2026	Warragul VIC
17 <sup>th</sup> – 20 <sup>th</sup> September 2026	Applecross WA

**Fee: A\$900.00 - Early Bird Special A\$810**

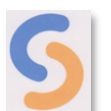
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## Heart-wine according to Hildegard of Bingen

### Ingredients:

- 1 litre good red or white wine
- 1-2 tbsps. wine vinegar
- 1 bunch flat-leaf parsley
- 205 g honey

### Preparation:

Place wine, vinegar and parsley (including stalks) in a saucepan, cover and simmer for 10 minutes. Add honey and continue simmering for 5 minutes. Drain the heart wine through a sieve and bottle. Keep in the fridge.

### Administration and Dosage:

Take 2 tablespoons each day.

### Effectiveness:

Heartwarming, prevents weather sensitivity, during fasting crises

## A LOOK INTO THE PAST

Analyses of the mid-Victorian period in the U.K. reveal that life expectancy at age 5 was as good or better than exists today, and the incidence of degenerative disease was 10% of ours. Their levels of physical activity and hence calorific intakes were approximately twice ours. They had relatively little access to alcohol and tobacco; and due to their correspondingly high intake of fruits, whole grains, oily fish and vegetables, they consumed levels of micro- and phytonutrients at approximately ten

times the levels considered normal today. The paper produced by School of health science Oxford Brookes University UK – relates the nutritional status of the mid-Victorians to their freedom from degenerative disease; and extrapolates recommendations for the cost-effective improvement of public health today.

“We believe also that the on-going search for disease susceptibility genes is a historic and therefore largely misinformed. The mid-Victorian gene pool was not significantly different to our own, yet their incidence of *degenerative disease* was approximately 90% less. In the high-nutrient mid-Victorian environment, most of the population was protected; and the combination of high levels of physical activity and an excellent diet enhanced the expression of a coordinated array of health-promoting genes. As the nutrient tide has receded, increasing numbers of genetic polymorphisms have become exposed., making current genome-wide association studies (GWAS) largely redundant (If we take this argument to an extreme, and progress to a diet totally devoid of micronutrients, all polymorphisms become disease-associated.). It follows that the pharmaceutical industry’s attempts to develop genomically derived and individualized treatments such as RNA interference and ISPC are unlikely to impact on public health. The steel vessel of Public Health is rent open, and the drug companies are selling us high-priced pots of caulk.

**Paul Clayton** – School of Health Science, Oxford  
Brookes University UK

**Judith Rowbotom** – Department of History and Law,  
Nottingham Trent University UK

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