

Schüssler Express

#145



SAVOR THE MOMENT – SHORT BREAKS FOR BODY AND SOUL

Autum or spring, no matter where you live, is a great time to enjoy the outdoors and recharge your batteries. No matter if on a bicycle, while hiking or in brief moments of selfcare: Exercise, balance and deliberate breaks simply do you good. Here are some suggestions, valuable tips and selected Schüssler-Salts for a healthy daily routine.

Why our Joints love Cycling

Wear and tear, rheumatism, osteoarthritis – the background for joint pain is versatile. In many cases, activities that are easy on the joints, such as cycling, can help maintain mobility. Read on to find out the benefits of cycling and what you should keep in mind.

The wind in our hair, meadows and forests passing by, thoughts settling down—we feel the first benefits of cycling after just a few minutes: it makes us happy! It's well known that cycling can act as a natural "antidepressant." But the "remedy cycling" does so much more for us, especially for our joints.

Is Cycling good for the Knees?

Cycling is considered a popular sport. However, it not only promotes physical fitness but is also extremely gentle on the joints. This makes it an ideal way to relieve pressure on the joints while strengthening the surrounding muscles. Cycling is therefore also good for the knees. This is because the smooth, rhythmic movements of the legs while cycling place comparatively less stress on the knee joints. Additionally, cycling does not subject the knee joints to the impact stresses that occur, for example, when

running or jumping. Important to note: To ensure that cycling is as healthy as possible for the knees, bike rides should not be overly strenuous. The rule here is: better to ride regularly than to overexert yourself. The muscles trained in this way can better stabilize the knee joints, thereby preventing pain or improving it over the long term.

Cycling with Osteoarthritis

The knee joint is relatively commonly affected by osteoarthritis. Since the knees bear the majority of our body weight, excessive strain is particularly noticeable in this area. In addition to age-related wear and tear or inflammation, obesity, misalignment, or physical overexertion can also lead to osteoarthritis of the knee—even in relatively young people or, for example, competitive athletes. Many people with osteoarthritis wonder whether cycling is a good idea. The good news is: Yes, cycling is a suitable form of exercise even for those with osteoarthritis, and it is extremely gentle on the so-called large joints, such as the knees and hips. The smooth pedalling motion stimulates the production of synovial fluid, promotes the supply of nutrients to the cartilage, and enhances mobility. If, for example, the knee is affected by osteoarthritis, cycling can be beneficial because it mobilizes the joints without putting excessive strain on them. It is crucial to stick to moderate routes without steep inclines that involve minimal strain, in order to allow for pain-free movement while cycling. Regular cycling with osteoarthritis also strengthens the muscles around the joint, thereby promoting its stability. This can help alleviate pain and improve mobility.

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Protects the joints, prevents pain

Cycling in the correct sitting position strengthens nearly all of the skeletal muscles; the movement also improves the supply of nutrients to the cartilage and strengthens the supporting and stabilizing muscles around our joints. This can even relieve tension, slow the progression of osteoarthritis, and significantly reduce pain. But what is the correct seating position for healthy joints and pain-free exercise? Especially for longer bike rides it is recommended adjusting the distance between the handlebars and the saddle so that the spine's natural S-curve is maintained and a "hump" does not form.

Other things we should keep in mind to prevent pain

Saddle: The seat height on the bike is optimal when your leg is never fully extended while pedalling. When standing, you should be able to touch the ground with just the tips of your toes. If the saddle is set too high, your pelvis will tilt alternately to one side while pedalling, which puts strain on the lower back; if it is set too low, it puts strain on the knee joints.

Pedals: An anti-slip coating helps keep your foot in place on the pedals: Only the ball of your foot should be in contact with the pedal, which allows for better power transfer and reduces strain on your knees.

Handlebars: For the sake of your back, it's important that the handlebars aren't set too high or too close to your body. To avoid irritating the major nerves in your hands and straining your elbows, your wrists shouldn't be bent when gripping the handlebars. The shape of the handlebars is virtually irrelevant, but: For longer rides, experts recommend so-called "horns," which allow for a wrist-friendly grip. It is also important to ensure that the

width of the handlebars matches the width of your shoulders.

Basket: If you mount your bike basket on the front rather than on the rear rack, keep in mind that even a small amount of weight can make steering much more difficult. Tip: When buying a basket, look for one made of weather-resistant material.

Tires: The correct tire pressure not only makes pedalling easier and reduces strain on your joints, but also extends the life of the inner tube and tire. The rider's weight and tire width are key factors in determining the correct pressure: for example, for a 75 kg rider with 35 mm tires, the pressure should be 4.5 bar. You can find the exact values at a specialty bike shop.

The correct posture: The distance between the saddle and the handlebars should be such that it supports the spine's natural S-curve. To protect your back, aim for an upper-body angle of 15–20 degrees on a Dutch bike or about 50–60 degrees on a city bike.

Also important for a high level of driving safety

Lights: For some time now, battery-powered headlights and taillights have also been permitted; a dynamo is no longer required. Make sure to install only approved and rad worthy lights.

Reflectors: A white reflector at the front and a red one at the rear, as well as yellow reflectors on the pedals, are required. For tires, either a reflective strip printed directly onto the tire or reflectors in the spokes are required.

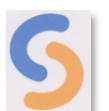
This information applies to men's and women's bicycles, as well as e-bikes and pedelecs.

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Strong muscles, strong joints

The leg muscles responsible for pedalling, the core muscles in the abdomen and back that stabilize the body, the shoulder and arm muscles that support the body on the handlebars, as well as the hip and gluteal muscles are all engaged and strengthened simultaneously. And well-developed, supportive muscles are the best defence against the symptoms of osteoarthritis, arthritis, rheumatism, and other joint conditions.

For those with aching joints, the bike path is the ideal place to exercise. This is because the pedalling motion stimulates the body's production of synovial fluid. This fluid acts as a "lubricant" for the cartilage and ensures smooth, pain-free joint movement. Another benefit: Since cartilage has no blood supply of its own, it literally dries out and becomes porous due to lack of movement. Cycling, on the other hand, increases the supply of nutrients and oxygen to the cartilage, which improves its elasticity and prevents joint wear.

After just ten minutes in the saddle, the positive effects of the exercise on the entire musculoskeletal system become apparent.

For muscles, nerves, and joints: A focus on two Schüssler-Salts

Magnesium phosphate – The Salt for Muscles and Nerves

Physical activity challenges the musculoskeletal system and targeted support is beneficial. Tip: Biochemic remedy No. 7 Magnesium phosphate 6X, known as the salt for muscles and nerves. The "Hot 7" has proven particularly effective in acute situations.

Calcium sulphate – The Salt for the Joints

People who are physically active also want to keep an eye on their joints. Calcium sulphate is a natural component of the joints in the body and is found, among other places, in cartilage. Schüssler-Salt No. 12 Calcium sulphate 6X is available in form of tablets, drops, globules and as an ointment for topical application.

Occurrence in the body: Calcium sulphate is a natural component of the joints. It also exists in the excretory organs. Among others, this mineral is contained in the liver as well as the cartilage mass.

Mineral-Cream-Blend G – For Joints & Muscles

Healthy joints and muscles are essential for flexibility and mobility. No matter if during sports, when working or at rest – joints and muscle are strained each day. Therefore, a smooth synergy of joints and muscles is vital for our well-being.



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