

Schüssler Express

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LISTENING TO YOUR BODY: SCHÜSSLER SALTS EXPLAINED SIMPLY

Health encompasses both our physical and mental well-being. But sometimes we push ourselves beyond what's good for us: sitting for long periods, stress, an unbalanced diet, or not enough rest. If you pay close attention to the first signs, you'll notice sooner when something is out of balance. One important foundation for well-being is, among other things, an optimal mineral balance. Our article explains how Dr. Schüssler's mineral salt therapy focuses on the body and its natural functions, and how Schüssler-Salts work.

Dr. Schüssler's Mineral Salt Therapy: If you listen to your body, you can understand it.

When it comes to a healthy lifestyle, most people focus on several things at once: for example, getting enough exercise, eating a balanced diet, getting sufficient rest, or even practicing meditation. After all, health isn't simply the absence of pain and illness; it encompasses our entire physical and mental well-being.

And yet, we sometimes push our bodies beyond what they're used to or what's good for them. This can include sitting for too long or stress at the office, a poor diet, too little—or even too much—exercise.

Why don't we take a more sustainable approach when it comes to our own bodies and health? If we pay attention to even the first subtle signals, we can strengthen our own resilience and thereby treat not only the symptoms but also the root causes of ailments. An important aspect of this is optimal mineral metabolism in the body's cells. After all, when metabolism in our

cells is running smoothly, our entire personality shines through.

When Mineral Metabolism Slows Down

Sometimes the body's mineral balance—and thus its overall equilibrium—simply gets thrown off. You can either wait for these low points to pass or take active steps to counteract them and help your body help itself.

This is precisely the principle behind Dr. Schüssler's mineral salt therapy: it focuses on the body and its natural functions, aiming to strengthen it and stimulate the body's self-healing powers. And the whole process works very simply: with twelve mineral salts.

Dr. Schüssler's Principle: Gentle Approach is the Goal

Thanks to their diversity, Schüssler salts offer a way to address many of the body's ailments—in a natural and holistic manner.

This is because our bodies need minerals, which are absorbed through food and ensure that we feel fit and healthy. However, sometimes the body can absorb the minerals but cannot utilize them optimally. The result: the body's mineral balance is disrupted.

According to Dr. Schüssler's* approach to mineral salt therapy, Schüssler salts address this very issue to restore the body's balance. This is because they contain essential mineral salts for the body.

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- They stimulate the cells and act as a “door opener” to facilitate better absorption and processing of essential minerals.
- In this way, they can actively strengthen the body’s self-healing powers—and thus overall health—for a wide range of ailments.

** In the second half of the 19th century, Dr. Wilhelm Schüssler (1821–1898) founded the mineral salt therapy named after him, which he himself referred to as “biochemistry.” Schüssler salts are produced in the homeopathic way. They are used solely on the basis of their long-standing use in this form of therapy.*

Schüssler Salts: How to Choose the Right Ones

Mineral salts are essential for our bodies. They are needed to regulate many biochemical processes, to build cell structures, and to transmit information from cell to cell. If you’d like to select specific Schüssler salts, the following fact sheets provide helpful guidance: The overview presents the 12 basic salts with their respective brief profiles—from No. 1 Calcium fluoride to No. 12 Calcium sulphate. The supplementary salts No. 13 through to No. 27 are also listed with concise key points.

No.1 Calcium fluoride 12X – The Salt for the Connective Tissue, the Joints and Skin.

No. 2 Calcium phosphate 6X – The Salt for Bones and Teeth

No. 3 Ferrum phosphate 12X – The Salt for the Immune System

No. 4 Potassium chloride 6X – The Salt for the Mucous Membranes

No. 5 Potassium phosphate 6X – The Salt for the Nerves and Psyche

No. 6 Potassium sulphate 6X – The Salt for Purification

No. 7 magnesium phosphate 6X – The Salt for Muscles and Nerves

No. 8 Sodium chloride 6X – The Salt for Fluid Balance

No. 9 Sodium phosphate 6X – The Salt for the Metabolism

No. 10 Sodium sulphate 6X – The Salt for Inner Cleansing

No. 11 Silica 12X – The Salt for Hair, Skin, and the Connective Tissue

No. 12 Calcium sulphate 6X – The Salt for the Joints

No. 13 Kalium arsenicosum 6X – Metabolic Stabiliser

No. 14 Kalium bromatum 6X – Reassurance

No. 15 Kalium jodatum 6X – Central Control

No. 16 Lithium chloratum 6X – Protein Synthesis

No. 17 Manganum sulfuricum 6X – Enzyme Activator

No. 18 Calcium sulfuratum 6X – Deep Cleansing

No. 19 Cuprum arsenicosum 6X – Equilibrium

No. 20 Kalium aluminium sulfuricum 6X – Stabiliser

No. 21 Zincum chloratum 6X – Metabolic Activator

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No. 22 Calcium carbonicum 6X – Strengthening

No. 23 Sodium bicarbonicum 6X – Acid Buffer

No. 24 Arsenum jodatum 6X – Metabolic Balance

No. 25 Aurum chloratum natronatum 6X – Body's Rhythm

No. 26 Selenium 6X – Metabolic Regulation

No. 27 Kalium bichromicum 6X – Cell Regeneration

*The Institute of Biochemic Medicine
(Asia – Pacific)*

A Real-Life Case

Mineral-Cream-Blend N

My dad has had psoriasis for over 20 years and has tried every type of cream, lotion, and oil to help heal the skin. My mum put some of the cream on his back just to try it in a small spot and the effect and relief apparently was immediate! His scars from psoriasis are also not as noticeable after applying the cream in small amounts.

Mum has a rash on her lower legs which has flared up over the past few months. She was prescribed steroid creams, which flared it up even more and she has tried many different lotions to try to take the itch and redness out of the skin. I gave her a tube of Mineral-Cream-Blend N for Christmas, and she started using it immediately and noticed a great difference, both in the redness but said it also took the itch away immediately. She is also using tissue salts to help on a cellular level.

Together, they have used a whole tube in 2 months.

For my dad to say he wants another couple of tubes of this cream is a big deal! He tried many topical creams but has not usually gone back to any particular one, as the effects are short lived.

A wonderful product I am happy to refer to and suggest to clients, along with my parents' glowing testimonial.

Qualified Biochemic Therapist / Western Australia



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