

Schüssler Express

#150



SCHÜSSLER-SALTS AND HOMOEOPATHY

The Differences

Schüssler-Salts are mineral salts prepared using the homoeopathic method. However, the mechanism of action of Schüssler therapy differs from the principles of homoeopathy.

Difference between Schüssler-Salts and Homoeopathy

At first glance, therapy with Schüssler-Salts and homoeopathy share some important similarities. In addition to the goal of promoting human health through natural remedies, these two branches of naturopathy are also united by the identical method of manufacturing remedies and raw materials in accordance with the Homoeopathic Pharmacopoeia (HAB). However, there are also significant differences.

Therapy with Schüssler-Salts and how they work

Schüssler therapy helps restore the normal function of the body's cells.

Homoeopathically prepared minerals prompt the cells to regulate imbalances in the distribution of minerals throughout the body. Through potentization, the minerals can be immediately absorbed and "recognized" by the body. This directly addresses the cause of the health problem. Bodily functions are restored, and the body is strengthened.

Schüssler salts are, without exception, mineral compounds (homogeneous substances) that occur naturally in the body.

How do Schüssler-Salts work?

Dr. Wilhelm Heinrich Schüssler (1821–1898) identified twelve mineral compounds (salts) because, based on the knowledge available at the time, he concluded that diseases originate in the body's smallest building block: the cell. Specifically, this occurs when the orderly utilization of minerals within the cell is disrupted—that is, the uptake and release of minerals.

A Wake-Up Call for the Cells

Essential minerals are generally obtained through food. However, they are not always properly utilized by the cells. According to Dr. Schüssler, this can lead to a wide variety of health problems.

Schüssler salts are minerals prepared using homeopathic methods. Thanks to their precise dosage, they are quickly absorbed throughout the body and reach the interior of the cells. There, they provide the body's cells with a crucial stimulus—a kind of wake-up call. This stimulus prompts the body's cells to absorb the minerals from their surroundings and utilize them. This helps restore bodily functions and strengthens the body.

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

#150



Unique Schüssler-Salts

Schüssler-Salts support the health of the body's cells.

Schüssler-Salts are naturally effective and free of side effects. They can be taken safely with other supplements and are suitable for all ages.

Small amounts with a big Impact

Schüssler was already aware of the problems associated with high-dose mineral supplementation. Today, our understanding of this issue is much more nuanced and, moreover, scientifically substantiated. For example, too much zinc disrupts copper metabolism and thereby inhibits the body's ability to utilize iron.

These side effects cannot occur when taking Dr. Schüssler's mineral remedies because of the dilution. There are also no "antagonists" or mutually exclusive effects among the various Schüssler-Salts. Therefore, different Schüssler-Salts can be taken together as part of a course of treatment.

Even the use of traditional mineral supplements can be complemented by Schüssler-Salts! For example, good results have been achieved by taking Schüssler-Salt No. 2 Calcium phosphate 6X, alongside calcium supplements, just as it makes sense to take Schüssler-Salt No. 3 Ferrum phosphate 12X, alongside iron supplements.

The fine and uniform trituration (potentization) of the homeopathically prepared Schüssler-Salts ensures that the active ingredients are absorbed through the mucous membranes of the mouth and throat. This allows them to enter the bloodstream quickly and, thanks to their improved bioavailability, act directly within the cells.

How Homoeopathy Works

The term "homoeopathy" comes from Greek and can be translated as "like cures like." This means that a patient is treated with a remedy that produces similar symptoms in a healthy person.

Like cures like: This so-called law of similars is one of the fundamental principles of homoeopathy.

"Similia similibus curentur"

Here is an example: After taking a preparation made from wild jasmine, a person may experience fever and fatigue—that is, typical flu symptoms. Consequently, wild jasmine is used either on its own or, more often, as a key ingredient in homeopathic flu remedies.

What is Homoeopathy?

Homoeopathy is a holistic healing method that aims to activate the body's self-healing powers. It is a form of complementary medicine and is growing in popularity—especially among people seeking a gentle and well-tolerated treatment. Unlike conventional methods, homoeopathy does not treat the disease in isolation, but rather the whole person—as an interplay of body, mind, and spirit.

When used correctly, they have no side effects. To use homoeopathy as part of self-medication, it is a good idea to familiarize yourself with the basics and background of this unique treatment method.

The Principle of Similarity: The Foundation of Homoeopathy

Homoeopathy is based on the fundamental concept known as the "law of similars," which was developed by

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

#150



the German physician Samuel Hahnemann (1755–1843) in the early 19th century.

“Like cures like”

According to this principle, a disease is treated with the remedy that causes a “similar condition” in a healthy person. The homeopathic remedy triggers a stimulus in the body that activates its self-healing powers. A disease is treated with a small amount of a natural substance that, when administered in larger doses to a healthy person, produces symptoms similar to those characteristic of a specific disease.

In healthy people, for example, onions cause burning eyes and a runny nose. As a homeopathic remedy (*Allium cepa*), onions are used in highly diluted form to treat symptoms such as those associated with colds or allergies (irritation of the mucous membranes).

Through a chance self-experiment with cinchona bark, Hahnemann had come to the realization that cinchona bark induces a fever similar to intermittent fever (i.e., malaria) in healthy individuals and cures intermittent fever in the sick. He expanded his experiments to include other natural substances of mineral, plant, and animal origin, which he administered to friends and relatives.

How are Homeopathic remedies made?

Hahnemann recognized that many substances only develop their healing effects through potentization—that is, through gradual dilution and dynamization. This prevents unwanted side effects while specifically activating the desired effect.

A central element is the drug trial: in this process, a substance is tested on a healthy person, and the symptoms it triggers are precisely recorded. This results

in detailed “profiles” of the individual remedies, known as remedy pictures. Over time, Hahnemann described many substances and created “profiles” that encompassed all the symptoms triggered by the active ingredient, and he compiled these into a book on *Materia medica*.

How do Complex Remedies differ from Single Remedies?

In homeopathy, there are single remedies and complex remedies. In classical homeopathy, single remedies—that is, a single substance—are used. The single remedy is selected based on the patient’s symptoms so that the remedy’s “profile” matches the clinical picture as closely as possible. Taking a comprehensive medical history usually requires experience. However, classical homeopathy also offers a range of proven single remedies for common everyday ailments. These include, for example, *Arnica*, *Belladonna*, and *Chamomilla*. They are often taken as globules, the most popular form of homeopathic single remedies.

Complex remedies combine several individual remedies that have proven effective for specific symptoms. The individual substances are balanced and formulated to provide the best possible treatment for a given condition. Because complex remedies cover as broad a spectrum of symptoms as possible, they are particularly well-suited for self-medication.

The Institute of Biochemic Medicine (Asia – Pacific)

Pflueger GmbH
www.pflueger.de

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

