Schüssler Express
#151



Convinced of Me, Through and Through

Natural Remedies for Beautiful Skin

Our skin envelops us like a protective cloak. It forms the boundary between our body and the outside world. As our largest organ, it fulfils many important functions. In doing so, it is exposed to both internal and external influences. But how can we keep our skin healthy? For example, by drinking enough fluids, getting some exercise in the fresh air, and ensuring we relax and get a good night's sleep. Furthermore, healthy, fresh food, as well as being mindful of and observing our skin's care needs, have a decisive influence on the beauty and health of our skin.

From time to time, take a moment to consider what is good for you and your skin. This could be a walk in the woods or some time out in the sauna. Whilst it sounds simple, it is often difficult to put into practice in everyday life. Busy periods in life, a lack of sleep and environmental factors such as UV radiation all take their toll on the skin. It is particularly important at such times to support your skin's health through a balanced diet.

What is good for your Skin?

Alkaline-forming foods such as fresh fruit and vegetables, potatoes and leafy salads are recommended. Water also plays an important role. The skin consists of 80 per cent water. As an excretory organ, a regulator of body temperature and in its protective and defensive role against external influences, it is important to support it properly. In addition to a healthy diet, adequate fluid intake is crucial. You should drink at least 1.5 litres a day. To stay healthy, our skin also needs minerals and trace elements such as silicon, zinc and sulphur. Silicon ensures a stable skin structure. It is found in abundance in foods such as potatoes, millet and wheat. Sulphur compounds are found primarily in protein-rich foods, as well as in onions, garlic and wild garlic. Sulphur is an important component of connective tissue. Zinc is an essential trace element for the body; it plays a role in a wide variety of bodily functions, such as wound healing. Foods rich in zinc include, in particular, pumpkin seeds, sunflower seeds and linseeds.

Nutrition

An alkaline diet is considered to be beneficial to health, as maintaining a balance in the acid-alkaline balance can, amongst other things, help to ensure a healthy complexion.

Food

By eating a varied and diverse range of foods, you ensure you get all the essential nutrients and contribute to a balanced, healthy diet.

Antioxidants keep the Skin looking young for longer

When it comes to skincare, there is often talk of 'free radicals', which cause our skin to age prematurely. These are by-products of our metabolism. Free radicals are highly reactive oxygen molecules or organic compounds that contain oxygen. An unhealthy diet and lifestyle encourage the formation of these free radicals.

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

#151



Antioxidants protect our skin from their effects. These are molecules that protect the body from damage caused by free radicals. The best-known antioxidants are vitamin C, vitamin E and phytochemicals such as anthocyanins, carotenoids and flavonoids. A balanced diet including daily consumption of fruit and vegetables rich in antioxidants – such as blackcurrants, blueberries, tomatoes, savoy cabbage and carrots – is recommended.

Skin and Homeopathy

In homeopathy, the skin is of particular importance. This is because a key principle of healing here is the so-called Hering's Law. This law – named after its discoverer, Constantin Hering (1800–1880) – states that the manner in which healing takes place is governed by a specific principle. This means that, when a disease is being cured, the symptoms will disappear 'from top to bottom, from the inside out, and in the reverse order of their appearance'. From top to bottom: for example, a skin rash clears up first on the face and upper body, then on the arms, and later on the legs and feet. From the inside out: for example, the patient's mental state improves; healing then moves on to the vital internal organs, followed by the musculoskeletal system, and finally the skin heals.

Schüssler-Cure #1 + #8 + #11: Naturally radiant

Our skin, hair and connective tissue are put under strain every day – by environmental factors, stress or natural ageing processes. Why not try the treatment with mineral salts for the hair, skin and connective tissue with No. 1 Calcium fluoride 12X, No. 8 Sodium chloride 6X and No. 11 Silica 12X.

The treatment with Mineral Salts for Hair, Skin and Connective Tissue

Schüssler-Salts are mineral salts that are essential for the body. The Schüssler-Cure combines Schüssler-Salt No. 1 Calcium fluoride 12Z with Schüssler-Salts No. 8 Sodium chloride 6X and No. 11 Silica 12X.

What makes the Schüssler-Salt-Treatment so special?

- Schüssler-Salts support the body in a natural and holistic way
- They are well tolerated
- They are easy to use

Recommendation for taking the Course of Treatment with the Mineral Salts for Hair, Skin and Connective Tissue

- **In the morning:** Schüssler Salt **No. 1 Calcium fluoride 12X** (2 tablets) and externally apply **Mineral Lotion S** (for the skin)
- **At midday:** Schüssler-Salt **No. 8 Sodium chloride 6X** (2 tablets)
- **In the evening**: Schüssler-Salt **No. 11 Silica 12X** (2 tablets) and externally apply **Mineral Lotion B** (for the connective tissue)

Allow tablets to dissolve in the mouth.

Treatment should be followed for 6-8 weeks and can be repeated at any time.

The Institute of Biochemic Medicine
(Asia – Pacific)

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