

Schüssler Express

#12



Electro-smog – Radiation contamination

Today, “Electro-smog,” because of its harmful side effects, is becoming an important subject for discussion and research. No wonder, as its intensity increases almost on a daily basis. The current implementation of data transfer frequencies, named LTE or 4G, takes us yet another step in the direction of ill-health and one that can make some members of the population exceedingly ill. A term that is widely used in respect to this is *Electrical Hypersensitivity Syndrome* or EHS.

We, as humans (all animals), have an electromagnetic field. The power of which is at about 100 millivolts. If we consistently live in a field with much higher values than that, then the irritation to the body can be very disturbing; we have to compensate for the effect of this overpowering field. This utilises energy – this causes Mineral Deficiencies.

In addition, the strength of our body current is described as being 4 pico-amperes. In contrast, the current surging through mobiles/cells and cordless phones is 0.2 amperes. That is 50 billion times stronger. If you now consider that the human body performs 1 quadrillion electrical connections every second, then it becomes clear how much can go wrong every second.

The Magnetic and Electric Fields

A flowing current generates magnetic fields, so wherever and whenever appliances or lights are turned on a magnetic field is created. Electric fields are present everywhere where cables carry electricity without any appliances or lamps being turned on. Extension cables lying under the bed while you sleep emit an electric field. It is measured in volts per meter

High-frequency alternating Fields

Electro-smog sources: mobile phone and other transmission towers. Largely placed on rooftops, they emit radio frequency radiation that continually threatens our health.

These fields always have a transmitter that generates them. However, they do not need a receiver to have an effect on you. The field generated is a high-frequency alternating field, which cannot be switched off and which even penetrates through walls.

- ✓ Mobile phones (GSM, UMTS, LTE, etc.)
- ✓ Mobile/Cell phone masts
- ✓ Cordless Telephony (DECT) radiation
- ✓ Microwaves
- ✓ Wi-Fi (Wireless internet)
- ✓ Bluetooth Radar
- ✓ CB radio

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Biochemic approach

From a biochemic perspective, one must of course treat the patient accordingly. Different mineral salts may be prescribed for different people with the same symptoms. The reason of course is that it is not the symptoms of the illness but the deficiencies that caused it that are being addressed. You will undoubtedly find that the minerals most deficient are Calcium phosphate, Potassium phosphate and Magnesium phosphate. These should be your first consideration in all such cases.

Alex Sutton

The Institute of Biochemic Medicine (Asia Pacific)

That makes beautiful...

Smooth Skin, strong Connective Tissue, thick Hair and firm Nails – no problem...

Beauty treatment

- **Morning:** 3 tablets of No. 1 Calcium fluoride 12X,
- **Noon:** 3 tablets of No. 8 Sodium chloride 6X
- **Before sleep:** 3 tablets of No. 11 Silica 12X

Tablets should be dissolved in the mouth

Additionally: Apply cream No. 1 Calcium fluoride in the morning and No. 11 Silica in the evening to face, neck and décolleté.

Once a week treat yourself to:

Facial mask

- No. 11 Silica 12 X
- No. 8 Sodium chloride 6X

Dissolve 10 tablets of each mineral in a little warm water and mix to a paste, apply and leave for 20 minutes. Wash off with lukewarm water.

Duration: 3 – 6 weeks

Legs in top form

- ✓ No. 1 Calcium fluoride 12X and No. 11 Silica 12X strengthen the connective tissue and venous walls
- ✓ No. 4 Potassium chloride 6X for inflammations
- ✓ No. 10 Sodium sulphate 6X for swollen legs
- ✓ A massage using cream No. 10 can work wonders

Günther H. Heepen

German Association of Biochemistry (BBD)



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