

# Schüssler Express

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## Fit for spring with Schüssler-Salts

### Good-bye Winter – the Biological clock has switched to Spring

Slowly the organism gets into gear. Now Schüssler-Salts may assist to get rid of the last signs of the 'winter blues' (bleak thoughts) as well as accumulated toxins.

The ideal spring time treatment with Schüssler-Salts for **Mind & Body** includes the following biochemic remedies:

#### No. 5 Potassium phosphate 6X

- The Salt for Nerves and Psyche

Schüssler-Salt No. 5 Potassium phosphate helps with bleak thoughts, exhaustion and sleeping disorders, and stabilises nerves in case of tension and irritability. It has a therapeutic and relaxing effect and also assists in the perseverance with change of nutrition, e.g. spring time diet. Potassium phosphate also benefits stress at work or at home.

#### No. 9 Sodium phosphate 6X

- The Salt for Metabolism

Schüssler-Salt No. 9 Sodium phosphate has a close relationship to acids. Many unpleasant afflictions such as heartburn (excessive gastric acid) or oily skin and acne (fatty acid) are associated to acids. Sodium phosphate regulates the acid-alkaline-balance and assists in the break-down of harmful acids. A better metabolic performance is accomplished in combination with Sodium phosphate.

#### No. 10 Sodium sulphate 6X

- The Salt for inner cleansing

Schüssler-Salts 10 Sodium sulphate has an effect on the excretory organs, i.e. liver, intestine and kidney. It assists excretion of excessive fluids from the body, e.g. in case of swollen legs or indigestions. Detoxification processes are also stimulated, in so far that harmful substances deposited in the connective tissue are broken down; for instance very important for all diets.

#### Administration

It is recommended to take the Schüssler-Salts during the course of the day as follows:

- ❖ **Morning:** No. 10 Sodium sulphate 6X
- ❖ **Noon:** No. 5 Potassium phosphate 6X
- ❖ **Evening:** No. 9 Sodium phosphate 6X

Dissolve 3 tablets of the respective mineral in hot water and drink in small sips – this allows a particularly fast absorption of the active ingredients. Alternatively, the tablets may be dissolved in the mouth.

**Source:** Günther H. Heepen, *Schüssler-Salts for the Soul*, GU Verlag, Munich

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The Institute of Biochemic Medicine (Asia Pacific) is a branch of the German Association of Biochemistry, founded at Oldenburg (Germany) in 1885

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## Helicobacter a 'Rascal' ?

If a biologist were asked how to cultivate a bacterial culture, he would explain that a special breeding ground and temperature are necessary in order to have the slightest chance of multiplication.

If a medical doctor were asked how to explain the multiplication of bacteria in the human body, he usually refers to a 'infection' caused by a virus that keeps multiplying until the immune system kicks in with defence measures. He does not consider that the human being also acts as a 'culture medium'.

### And here is the difference:

The orthodox doctor will prescribe an antibiotic to remove the 'pest'. The biologically acting therapist will try to alter the breeding ground in such a way, that the 'pest' will disappear by itself

Now, we know of times in history when special pathogens played a role. Tuberculosis is one dramatic example. Here, first successes were achieved once it had been established, that severe vitamin deficiency, insufficient sunlight, lack of hygiene, lack of fresh air, etc., caused debility and people concerned fell victim of the pathogen. The epidemic was drastically reduced as soon as progress was achieved through social measures in the above mentioned areas, and eradicated once a vaccination was introduced. Rehabilitation of the internal milieu as well as the surroundings were the cause of success.

Currently, we are again experiencing a 'creeping' epidemic; and its extend cannot be estimated – the pathogen named 'Helicobacter pylori'. The pharma industry spreads horror stories about the 'rascal' and offers medication in order to kill it.

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This pathogen can attach itself to the gastric mucosa and forces the cells to distribute histamine, resulting in infections that at first affect the stomach and in the long run also the skin – e.g. hives, acne rosacea or neurodermatitis.

On investigation who is mainly affected, it strikes that almost only people with the blood group 0 are vulnerable. What makes them so special that the helicobacter likes them? It is due to the fact that these people have difficulties in metabolising especially milk protein and proteins contained in wheat or other grains. Their immune system fights these proteins and puts the body under permanent stress.

Previous generations didn't experience this problem to this extent, because the way food is preserved today just didn't exist. Furthermore the amount of food that is consumed nowadays does often not match the realistic need of energy. Hence a new epidemic is not surprising - it is the result of a change of habits and alteration of foods on offer.

The biologically oriented therapist will recommend his patient to read the book by D'Adamo: "4 blood groups – Four Strategies", ask him to change his eating habits accordingly in order to change the 'breeding ground', and consequently worsen the breeding conditions for this pathogen. Apart from this the therapist can prescribe preparations that help regenerate the mucous membranes. Furthermore he can try to regulate the acid-alkali-balance. In order to achieve this very effectively enzyme combinations are available that have very quick effects. And naturally, he will prescribe No. 3 Ferrum phosphate (12X), and if necessary No. 4 Potassium Chloride (6X) to stop the inflammatory process in the stomach.

*Institute of Biochemic Medicine*

