

Schüssler Express

2



Which Schüssler-Salts are optimal for me – with or without lactose

Many users of the biochemic functional remedies ask this question, people who have an aversion to or are unable to tolerate lactose; lactose intolerance patients are in fact suffering a mineral deficiency in the first place. The issue is caused by an inability of metabolism to break down certain protein molecules... Why? Because the cells of the pancreas are no longer producing the enzymes of digestion as they should....The solution is Calcium Phosphate....

However, in my experience lactose-free Schüssler-Salts do not have the same effect as the traditional tablets, and this is a finding of many qualified therapists, and indeed biochemists. We are unable to explain the connection with certainty, but I suspect that it is associated with the different manufacturing processes.

The expedient of tablets and powder is lactose which is mixed finely with the minerals. The production of a mix up to 6X takes an overall of six hours. This is a long, intense process in which the minerals are increasingly reduced to molecular size by grinding and hence are made available for the smallest cells in the organism.

Spray solutions of Schüssler Tissue Salts minerals, according to scientific information provided to us suggests the initial preparation of the liquid solution is only to the 3x trituration; each further dilution receives only 50 times succussion* in a liquid solution. However the succussion does not cause a further automatic atomization of the mineral, which therefore also has a distinct influence on the availability to cells of the active agents.

Everything must be in fine dilution (Arndt-Schulz)

Those with a true lactose intolerance do not have to do without traditional Schüssler-Salts based on lactose. Taking the tablets as prescribed and allowing them to dissolve in the oral cavity prevents any lactose ever reaching the digestive tract, or alternatively, simply allow the tablets to dissolve in water, take a sip and spit it out after 15 seconds. This short time is sufficient for the minerals to become effective via the buccal mucosa and sublingual tissue.

**the vigorous shaking of a diluted [homeopathic](#) preparation in order to activate the medicinal substance.*

Friedrich Depke
Natural Health Centre – Kemmenau/Germany
German Association of Biochemistry
EU Institute for Biochemistry of Dr. Schüssler

The Institute of Biochemic Medicine (Asia Pacific) recommends the use of



Since 1873

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.org

© Copyright



Schüssler Express

2



Schüssler Salt Typology –

... current myths doing the rounds.

There can be No “Schüssler Salt Typology” – in the sense of categorizing individuals as belonging to one tissue salt type or another. People are individual and too complex. Each person has to be treated according to the signs and symptoms they present with, and of course the history which is of utmost importance.

Another myth that appears to have “crept into the realms of writings”, is the consideration of an individual’s birth Sign (astrology) as having an influence on or a means of determining the mineral deficiency.... This appears to have been adopted by Dr Carey who was obsessive with the cells salt relationship to astrological constellations, birth times and body parts, but considering the fact that we are dealing with the science of biochemistry, there is no evidence to advance this “Birth sign theory” – The mineral therapy of Dr. Schüssler is fundamental biochemistry, any reference to Homoeopathy is purely in the fact that the minerals are triturated in the Homoeopathic fashion.

Institute of Biochemic Medicine

Biochemic Tip No. 2

Schüssler-Salts for SUMMER MINOR ILLNESS

A flu-like infection which appears outside the normal flu period (autumn/winter), is generally called the summer minor illness. Runny nose, sore throat, headache, – it has often nothing to do with a real flu. The recommended remedies according to Dr. Schüssler (1821-1898) may be applied.

Especially when the tongue has not (yet) a coating **No.3 Ferrum phosphate 12X** is recommended – administer one tablet every 15 to 30 minutes for acute conditions. For one day.. The symptoms often improve very quickly. Continue taking 1 tablet of Ferrum phosphate three to four times a day for strengthening purpose. The second stage of inflammation, with the occurrence of white or whitish-grey secretions, requires **No.4 Potassium chloride 6X**. (in alternation with No 3) Should the condition get to the third stage, when secretions are yellow, **No.6 Potassium sulphate 6X** would be the correct remedy – normally No.3 and No.4 should be sufficient for a summer minor illness.

Peter Emmrich

Salt is life. Minerals are as important for our body as air is for breathing. With an imbalance of minerals we immediately feel worn out and poorly: The face appears pallid, the muscles weaken slightly, the immune system goes on strike – consequently... illnesses have an easy job.

Tissue Salts improve mineral absorption from foods; they stimulate the healing process in the body where dysfunctions occur. No matter if wounds, inflammations, infections, allergies – there is a special mineral for almost every affliction. Example: abdominal cramps – often occur when the cells have insufficient magnesium phosphate...→ No.7

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.org

© Copyright

