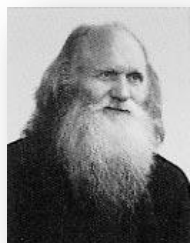


# Schüssler Express

# 3



## Kurt Hickethier, the developer of Facial Analysis

Kurt Hickethier (1891 – 1958)

Facial diagnosis was discovered by Dr. Schüssler and developed by one of his followers: Kurt Hickethier.

Already at a young age *Kurt Hickethier* was fascinated by Dr Schüssler's *mineral therapy*. He followed Schüssler's basic ideas and from 1910 started researching *facial diagnostics* with relentless enthusiasm. Almost a decade later he went public with his results, causing a sensation.

During WWI he fell sick with Malaria and the untreatable Bekhterev's disease. This enabled him to test the efficacy of *facial diagnosis* and *mineral salts* on himself. The disease went into remission and for another 40 years he lived symptom-free.

In 1921, during a large-scale experiment in Halle (former East Germany), Hickethier applied *facial diagnostics* for the first time, with great success. He was one of the cofounders of the biochemic association in the area. The *facial diagnostics* technique acted like a magnet and brought thousands of people into contact with it.

In 1926 *Kurt Hickethier* opened a Schüssler clinic in Ellrich (former East Germany). Hickethier left his career in the police force in order to direct the first biochemic sanatorium in Germany. This allowed him, on a daily basis, to further research and test the accuracy of *facial diagnosis*, developing valuable descriptions of the characteristics of individual facial

signs. These signs remain unique and ground breaking.

In 1934 *Hickethier* opened another sanatorium in the Clettenberg Castle not far from Ellrich. In 1938 he was denied work for political reasons. His two clinics were confiscated and his books taken and destroyed.

Apart from *facial diagnostics*, *Hickethier* also developed the *Hickethier sight training method*, the *Hickethier health baths* and a *spinal care system*, which involves a *special nerve massage*.

In 1947 he was forced to flee, to West Germany, where he made a new start with his most loyal colleagues following dispossession and persecution by the Russians.

In 1951 he opened a clinic and provided seminars in the Bruchhauser Mühle. A new *Naturopathy Centre* was built in 1957.

Unfortunately *Hickethier* died shortly before completion of the building. His life work is carried on by his co-workers Charlotte and Luise Depke.

Friedrich Depke  
Natural Health Centre – Kemmenau/Germany

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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# Schüssler Express

# 3



## Biochemic Tip No. 3

### Schüssler-Salts for CONSTIPATION

Different Schüssler salts qualify in case of constipation. The administration of some minerals in alternation has proven successful.

Dr. Schüssler (1821-1898) recommended No.3 Ferrum phosphate as the main remedy in case of chronic constipation. Additionally, No.9 Sodium phosphate and No.10 Sodium sulphate should be considered. No.9 is known as the deacidification remedy, however also helps with constipation especially when diarrhoea and constipation alternates.

No.10 Sodium sulphate is well known by many patients suffering constipation: No.10 is the laxative Glauber salt, in homoeopathic form. No.3, No.9 and No.10 in daily alternation (3 x 2 tablets) can be taken for chronic constipation.

No.7 and No.2 should also be considered. The No.7 Magnesium phosphate is known as 'the' relaxation remedy in Schüssler's therapy. Constipation combined with flatulence and/or spasmodic conditions require Magnesium phosphate – administered as 'Hot 7': dissolve 5 or 10 tablets in a glass of hot water.

No. 2 Calcium phosphate is the 'bone salt' in biochemistry but also a general conditioner and strengthening remedy. It is especially suited when the patient shows general weakness, as this is often the case in older patients.

In the case of atony of the intestinal musculature the following regime has been tried and proven: First day

No.3 and No.7 in alternation (morning 2 of No.3, noon: 2 of No.7, afternoon: 2 of No.3, evening 2 x No.7); second day No.2 and No.9, exactly the same.

Naturally, the reference to lifestyle should not be neglected: Nutrition, physical exercise and relaxation – constipation is often due to 'sins' in those areas.

*Peter Emmrich*

#### PLEASE NOTE:

DUE TO OVERSEAS COMMITMENTS THE INSTITUTE'S  
RESIDENT CONSULTANT ALEX SUTTON, WILL NOT BE  
AVAILABLE FROM

17<sup>TH</sup> AUGUST TO 02<sup>ND</sup> OCTOBER 2013

#### DIABETES AND SCHÜSSLER MINERALS

Information for your Diabetic patients:  
DHU mineral tablets (*in accordance with the Schüssler  
formulation*) contain as follows:

**1 tablet = 0.021 BU (bread units)**

**48 tablets = 1 BU**

BU is the amount of a foodstuff containing  
carbohydrates, in which there are 10 – 12 g of  
available carbohydrates

**1 BU = 12 g carbohydrates**

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