

# Schüssler Express

#22



## Source of life – Water

From time to time do you catch yourself consuming insufficient fluids during the day? Water is the essence of life! Our body needs a minimum of one and a half to two litres of fluid - depending on the season, climate, or in case of physical exercise even more. Are you having trouble to drink so much? The fluid balance can also be topped up with water-rich foods such as cucumbers, melons, and oranges.

Water is the most important inorganic element in the human organism. Water is the foundation of all vital processes. Water has to flow, ponding water is dead. At birth the body contains more than 70% water. The longer we live the less water our body contains and constant replenishment is requirement. Water is contained in blood, constituent of the cells and means of transportation for the nutrients in the lymph. Insufficient drinking causes drying up.

The water in the body is needed! Otherwise the skin shrivels. Constipation and muscle weakness are signs of a shortage. If the body is inadequately supplied it first of all takes its needs from its resources, e.g. spinal discs, the blood. The feeling of thirst often fails in older people and this increases the risk of a fluid deficiency.

By the way, in the morning when getting up drinking is particularly important, because the body loses fluid overnight and this deficit has to be balanced again.

Do you also believe that drinks from the fridge are the most refreshing? This is a misapprehension. The body has to warm the chilled drink first of all. To make this happen energy is required which again makes us sweat. Therefore rather enjoy drinks at room temperature in order to quench your thirst effectively.

What should I drink? The most effective thirst quencher is water. This can easily be 'spiced up' with a slice of lemon or orange. However, good alternatives are sweetened herbal- and fruit teas as well as diluted fruit juices.

Do not forget to drink. An adequate supply of fluid is the necessary basic prerequisite for the maintenance of vitality and well-being. Only the provision of sufficient fluids allows for an effective disposal of toxic- and waste materials from the body. But also most important, the Schüssler-Salts can be transported to where they are needed.

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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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## Schüssler-Salts for Summer

### Tips for an intact Skin

Our skin acts as a fluid- and thermal regulator, protects from heat, cold, rays, impacts, pressure and draught. It is also an alert sensory organ with millions of trigger points, in order to warn of danger in form of pain for instance. The skin is able to heal even larger wounds by one's own efforts.

But also without injuries it constantly regenerates itself by recruitment of new skin cells. However, heavy stresses in summer due to UV-radiation, chlorine in the swimming pool or salty air at the beach are not easily compensated by the skin. Here is Dr. Schüssler's advice.

#### Assistance for the skin with No.1, 8 and 11

One of the most important prerequisites for beautiful skin is among others an intact connective tissue. The two Schüssler-Salts, No. 1 and No. 11 Silica have a constructive influence.

**No. 1 Calcium fluoride 12X** is regarded as the mineral for the connective and supporting tissue. It is able to restore the natural elasticity as well as the necessary firmness of the skin. Both is often intertwined when the tissue loses its function, for example a connective tissue weakness of the skin.

**No. 11 Silica 12X** has a smoothing effect on the tissue and also assists frail hair. It improves its structure and boosts growth. The regenerative effect is essential for the skin. Hence the Schüssler-Salt No. 11 Silica 12X is known as the 'anti-aging' salt.

Both minerals are well suited to be combined in a course of treatment and thus will utilise each other's subsidiary qualities. It is sensible to administer the Schüssler-Salt **No. 8 Sodium chloride 6X** in addition, as it regulates and balances the fluid metabolism in the skin and tissue; an vital requirement for a good performance of the skin. The mineral No.8 also aids skin that is too dry, or chapped lips.

#### The following regime has proven beneficial:

- **Morning:** No. 1 Calcium fluoride 12X – 3 tablets
- **Noon:** No. 8 Sodium chloride 6X – 3 tablets
- **Evening:** No. 11 Silica 12X – 3 tablets

*(Tablets should be dissolved in the mouth)*

For additional support the creams/lotions No.1 and No.11 can also be applied externally – e.g. neck, upper arms or thighs.

**Duration of treatment:** 4 weeks

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