

# Schüssler Express

#30



## Biochemic First-Aid Kit

### Fast relief the gentle way

Tissue Salts according to Dr. Schüssler do not take up much space in luggage; they are effective aides. A small selection is sufficient for many travel complaints.

Dear Readers,

**H**oliday and travel complaints are always acute – hence the ‘acute-dosage’ is recommended in any case: In the first hour take 1 tablet every 15 minutes followed by 1 tablet every 15 – 30 minutes until problem improves. The sooner administration takes place the faster the success. I have often witnessed that acute affliction for example, inflammation of the bladder or a cold subside after a *boost-therapy* (here the dose is increased: In the first hour 1 tablet is taken every two to three minutes). The amount of tablets is not decisive but the frequency!

#### General rule of application:

Tissue Salts are to be dissolved in the mouth.

#### Tissue Salts for the First-Aid Kit

**No. 2 Calcium phosphate 6X** assists slightly allergic reactions such as allergic skin rashes as a result of food “changes” (best taken in combination with No. 9 Sodium phosphate 6X) or for reactions due to food intolerance. **BEWARE: In many countries it is your responsibility to check if food contains any product that you may react or be allergic to**

**No. 3 Ferrum phosphate 12X** is the emergency remedy for all acute injuries, bruises, abrasions, sunburn and 1<sup>st</sup> degree burns. Tablets and cream should always be in the luggage when travelling,

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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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cycling and hiking. The cream also brings relief – apply externally – in case of toothache, blisters on feet and sore skin parts (e.g. saddle-sore, etc.)

**No. 4 Potassium chloride 6X** assists in cases of stomach upset, 2<sup>nd</sup> degree burns with blister formation, (seek medical advice) dry skin rashes and all inflammation and injuries that do not swiftly heal after the administration of No. 3 Ferrum phosphate 12X (remedy for the 2<sup>nd</sup> stage of inflammation). Potassium chloride has also proven successful for irritation of the eye due to ozone levels or excessive sun exposure.

**No. 5 Potassium phosphate 6X** is renowned not only as the nerve remedy but also as the mineral for exhaustion of all kind, for example jetlag after a flight, physical exhaustion after exercises or a long journey – also when the journey was stressful and everybody feels tense.

**No. 7 Magnesium phosphate 6X** the anti-pain- and convulsive remedy is, besides Ferrum phosphate, the most important mineral in the first-aid kit. Magnesium phosphate provides fast relief for all sorts of pain such as headaches, stomach-, joint aches or pain due to injury. Best administered as ‘Hot 7’ (10 tablets dissolved in hot water and sipped slowly), also frequently taken in intervals of half an hour. No. 7 Magnesium phosphate is also recommended for painful flatulence.



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**No. 8 Sodium chloride 6X**, applied as paste or cream does not only assist insect bites but has also proven successful in case of watery diarrhoea, runny eyes due to sea breeze and also dry eyes due to climatic conditions. Skin irritations on skin folds (armpits, knee pits, groin) due to perspiration require No. 8 Sodium chloride.

**No. 9 Sodium phosphate 6X** assists with incompatible foods and the Roemheld syndrome. For example if unaccustomed foods often cause flatulence and meteorism the No. 9 Sodium phosphate is the correct and most important remedy. For acute problems administer analogue the 'Hot 7', and both day and night will definitely be more relaxed after sumptuous holiday meals.

**No. 10 Sodium sulphate 6X** – for constipation and diarrhoea. Change of location, climate and excitement often cause temporary constipation for many people, and No. 10 Sodium sulphate 6X is the mineral that the body requires. In case of constipation, a topic not only during holidays, 5 tablets dissolved in hot water brings fast results.

*Günther H. Heepen*

**The Clinical Science of Biochemic Therapy (Dr W.H. Schüssler)**  
**(Incorporating Facial Diagnostics)**  
**-Diploma-Course-**

**When: 21<sup>st</sup> – 24<sup>th</sup> October 2016**

**Where: Castlemaine VIC 3450**



The Institute of Biochemic Medicine (Asia Pacific)

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## Delicious Breakfast-Smoothie

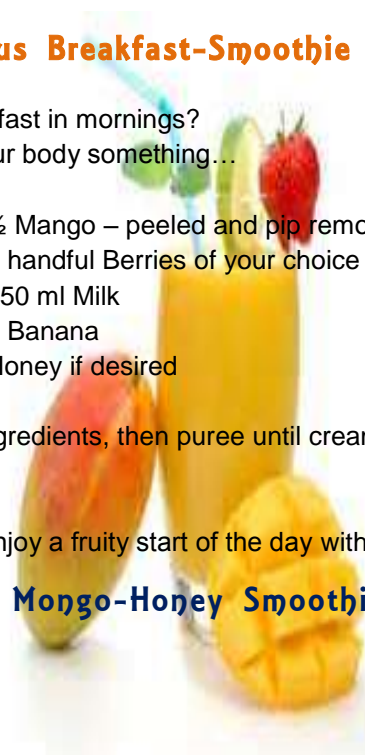
No breakfast in mornings?  
Grant your body something...

- ✓ ½ Mango – peeled and pip removed
- ✓ 1 handful Berries of your choice
- ✓ 150 ml Milk
- ✓ 1 Banana
- ✓ Honey if desired

Mix all ingredients, then puree until creamy and smooth.

...and enjoy a fruity start of the day with a delicious

## Mango-Honey Smoothie



## Tissue Salts for Animals -1 Day Workshop-

**When: 12<sup>th</sup> and 13<sup>th</sup> August 2016**

**Where: Healing Hands Bowen  
Therapy  
Oldbury WA 6121**

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(Asia Pacific)

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