

# Schüssler Express

#42



## Reflux Drugs –

### Raise Fracture risk in Babies

**B**abies under one year old who are given anti-reflux drugs are nearly a third more likely to break bones later on in life a study has found.

The fracture risk, put at up to 31 per cent may be due to proton pump inhibitors and histamine H2 – receptor antagonists cutting stomach acid needed to absorb calcium – vital for strong bones.

Dr Laura Maldochi, who led the US study at the Walter Reed National Military Medical centre, Maryland (USA) said the drugs should be reserved for confirmed serious cases. The study was presented at the 2017 Paediatric Academic Society Meeting in San Francisco.

Schüssler treatment is quite clear with the use of **No. 9 Sodium phosphate 6X** – tablet/s can be dissolved in the bottle, or administered in a small amount of liquid.

### Proton Pump inhibitors and Vitamin B12 depletion

Stomach acid and pepsin are required to cleave or separate vitamin B12 from food, and then a protein known as intrinsic factor is necessary for vitamin B12 absorption. To proceed, all of these processes require a slightly acidic environment. Taking anti-ulcer drugs, which decreases acidity, inhibits the vitamin B12 digestion and absorption process.

A deficiency in vitamin B12 can cause anaemia, which results in fatigue, tiredness and weakness, and a B12 deficiency is also a common cause of depression, especially in elderly people. Inadequate levels of B12 cause elevated homocysteine, which poses increased risk for cardiovascular disease. If serious B12 deficiencies are not corrected, long-term irreversible neurological damage can occur.

#### Reference:

*Nutritional cost of prescription Drugs (Pelton – Lavalle)*

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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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## Some Notes on Trituration and the Positive - Negative Ionic charge

**T**he active substance – let's consider Calcium Phosphate  $\text{CaHPO}_4 \times \text{H}_2\text{O}$  in this case, is taken and triturated with lactose, one part of the substance to nine parts lactose, for at least two hours. **This gives us the trituration of 1X.**

One part of this first decimal trituration is then used, and another nine parts of lactose added, and again triturated for two hours; this provides us with 2X, and so on until we reach 6X or 12X, as defined for use by Dr W.H. Schüssler.

In the process, at the surface of the particles of the two substances Calcium and Lactose, due to the static electricity produced by the process of grinding, we obtain a negative ionic charge. This negative ionic charge assists the remedy to be attracted to the cell which has on the outside a positive ionic charge.

Deutsche Homoeopathic Union (DHU) produces the minerals of Dr Schüssler, in accordance with the German Pharmacopeia, Dr Schüssler's formulation and the correct trituration providing the bonded mineral elements in the correct manner, for immediate use, without metabolism having to 'find' or produce the negative, or as the case may be positive ions.

It is important to consider that a 'Trituration' is defined as a dilution of a potent drug powder with an inert diluent powder, usually lactose, in a definite proportion by weight.

The minerals of Schüssler are defined as Pharmaceutical products in Germany by EU regulations; hence they must be produced in accordance with pharmaceutical regulations.

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## How scientific is Modern Medicine Really?

John Ioannidis is one of the world's most important experts on the credibility of medical research. He and his team of researchers have repeatedly shown that many of the conclusions biomedical researchers arrive at in their published studies are exaggerated or flat-out wrong.

However, these studies are what doctors use to prescribe drugs or recommend surgery. Ioannidis asserts that as much as 90 percent of the published medical information relied on by doctors is flawed or incorrect.

### 'The Atlantic' reports:

*"His work has been widely accepted by the medical community... Yet for all his influence, he worries that the field of medical research is so pervasively flawed, and so riddled with conflicts of interest, that it might be chronically resistant to change – or even to publicly admitting that there's a problem."*

Further, it is commonly believed that modern medical treatments, including drugs, are 'scientifically proven'. In reality, this is a 'profitable marketing ruse', according to a Huffington Post article by Dana Ullman. He reports:

*The British Medical Journal's 'Clinical Evidence' analysed common medical treatment to evaluate which are supported by sufficient reliable evidence (BMJ, 2007). They reviewed approximately 2,500 treatments and found:*

- 13 % were found to be beneficial
- 23 % were likely to be beneficial
- 8 % were as likely to be harmful as beneficial
- 6 % were unlike to be beneficial
- 4 % were likely to be harmful or ineffective
- 46 % were unknown whether they were efficacious or harmful

### Is Medicine really based on Science?

Many Natural Therapies are not "scientifically proven" is often used to unfairly suggest they are not safe or effective. However, were you aware that the vast majority, over 85 per cent, of therapies currently recommended by conventional medicine have never been formally proven either?

*D. Ullman MPH / British Medical Journal*

## Well Aging

encourages mental and physical fitness – for a healthy age. The combination of Schüssler-Salts No. 2, 9, 11 and 23 support **cell renewal, fat metabolism, conductivity of nerves** and the **pancreas**.

### Included minerals:

- ✓ **No. 2 Calcium phosphate 6X** – \*2 tablets 3 times a day
- ✓ **No. 9 Sodium phosphate 6X** – \*2 tablets 3 times a day
- ✓ **No. 11 Silica 12X** – \*2 tablets 3 times a day
- ✓ **No. 23 Natrium bicarbonicum 6X** – \*1 tablet 3 times a day

*\*Dissolve tablets in the mouth*

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