

Schüssler Express

#35



4 Tips,

How to strengthen the Connective Tissue

Connective tissue weakness is not fate. Yes, the genes certainly play an important part, but with a balanced diet and healthy life-style one is able to assist that the connective tissue and skin remain firm and elastic for a long time.

Tip I: Have an Alkaline-rich Diet

A diet rich in fresh fruit and vegetables strengthens the connective tissue. Sorghum and oats contain large amounts of silica, which is essential for firmness and elasticity of the connective tissue. Fatty and salty foods, coffee, alcohol and nicotine are harmful to the skin.

Tip II: Bring Movement into your Life

Exercise and sports are also good for the connective tissue and are a 'fountain of youth' for your external appearance. Endurance exercises such as walking, cycling, jogging or swimming, combined with strengthening training and special exercises for individually weak points are especially effective.

Tip III: Start strengthening the Connective Tissue already in the Bathroom

Drybrush-massages, crural flushes according to Kneipp and contrast showers boost the circulation and the lymph flow and thus the regeneration of the connective tissue.

Tip IV: External support of the Connective Tissue

In the treatment of skin and connective tissue therapists also recommend the external application of Schüssler-Lotions No. 1 Calcium fluoride and No. 11 Silica, to assist the internal use of the tissue salts.

*The Institute of Biochemic Medicine
(Asia Pacific)*

Now available: **Schüssler-Salts Lotions**

- No. 1 Calcium fluoride
- No. 7 Magnesium phosphate
- No. 11 Silica

QUICK RELIEF THROUGH TARGETED APPLICATION

Schüssler-Lotions No.1, 7 and 11

In their possible applications Schüssler-Lotions No. 1 Calcium fluoride, 7 and 11 supplement the internal application of Schüssler-Salts:

- They also remedy deficiency states in the cells and assist in re-establishing equilibrium.

Advantage:

- Lotions are applied directly to the areas where the mineral is urgently needed – on the skin, the muscles and/or on the joints.
- Lotions are especially recommended where more extensive applications are necessary. Due to the increased water proportion they have a light consistency, are easily spread on the skin and are quickly absorbed without leaving a greasy film.
- They are **pH-neutral, free of Paraffin and Vaseline, and skin-friendly**

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The Adiposity- Scheme

Today, an alarming large number of people suffer from obesity, and the numbers are still rising! That hasn't always been the case, but has developed over the past decade. Overweight and in the worst scenario obesity are not only an aesthetic, but mainly a health problem. As a result the metabolic organs liver and kidneys as well as the pancreas suffer. Circulation gets worse and the weight puts a strain on the joints.

The following Minerals are Element of the Adiposity-Cure:

- Before breakfast: **No. 10 Sodium sulphate 6X**
- Before lunch: **No. 6 Potassium sulphate 6X**
- Before dinner : **No. 9 Sodium phosphate 6X**

Administration: Tablets are administered according to the 'Hot Seven' (Dissolve 5 – 10 tablets in hot water and sipped slowly).

Duration: Four weeks, or longer. **Note:** Avoid carbohydrates in the evening.

A sure Road to Weight-loss

If you wish to reduce weight permanently further factors are of importance:

- ❖ Make sure to have 3 to 5 meals a day, also breakfast. (Some recommend 3 meals in intervals of 6 hours, others believe in 5 smaller meals – it is important to determine what is best for you).
- ❖ You should not starve, as this increases fat production and reduces muscle mass.
- ❖ Avoid coffee! Coffee boosts insulin production which encourages muscle mass reduction

- ❖ Avoid alcohol, as this inhibits fat burning
- ❖ Do not use fat-reducing diets; they also cause a reduction of muscle mass
- ❖ Take a ½ hour walk each day; use the stairs instead the lift or escalator
- ❖ Refrain from sugar and generally sweets. Drink two litres of water per day
- ❖ Reduce stress! Stress increases insulin- and cortisol levels, which makes dieting more difficult
- ❖ Avoid eating carbo-hydrates (pasta, bread, etc.) after 5 pm.
- ❖ Exercise at least four times a week, for example walking, gymnastics, swimming or cycling

Günther H. Heepen
BBD

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