

Schüssler Express

#26



"Do something good for your body so your soul enjoys living"

Teresa of Ávila

Dear Biochemic Friends,

Hello autumn and welcome! In March we feel summer is slowly saying farewell. Gradual changes take place in Mother Nature. The natural cycle takes its course and days are getting shorter. Enjoy the days while hiking, walking, or at a nice place in the sunshine – thus refuel with health for the coming months. At this time of year this is applicable to the southern hemisphere. Time of the 'darker' months in the annual cycle can be overcome with tea, candle light, a good book and music. An adjusted stay outdoors with exercises is also advisable during this season.

Are we able to prepare ourselves for a good endurance of the winter season with Schüssler-Salts? Yes, with the help of the biochemic 'winter-cure' the immune system can be strengthened. The sooner one starts with the treatment the more resilient one becomes to coughs and sneezes.

This is the suggested regime:

- ✚ Biochemic remedy **No. 3 Ferrum phosphate 12X** assists the iron metabolism; improves oxygen supply and strengthens the defence system
- ✚ Biochemic remedy **No. 5 Potassium phosphate 6X** assists in aid of heart and circulation
- ✚ Biochemic remedy **No. 7 Magnesium phosphate 6X** for muscle relaxation
- ✚ Biochemic remedy **No. 10 Sodium sulphate 6X** for the removal of waste/toxins

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Administration:

In the morning dissolve 5 tablets of each mineral (total of 20 tablets) in a cup or glass of warm water, stir and sip slowly in a chewing motion. It is important to keep the fluid in the mouth for a few moments to ensure assimilation by the oral mucosa.

This treatment can be continued for 2 weeks before taking a break. After this the 'winter cure' may be repeated several times.

With the help of biochemistry you are able to withstand the stress of the colder season healthy and productively.

Peter Pohland

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SCHÜSSLER-SALTS: LESS HELPS MORE

What to consider with the dosage

The usual dosage of Schüssler-Salts (recommended by the old-master himself) is 1 to 2 tablets 3 times daily. However, there is also the approach of taking large amounts; and 20, 40, 60 and even 100 tablets a day is no rarity. Is this sensible? Does 'lots achieves a lot' also apply to Schüssler-Salts?

Back to the beginning:

What does Dr Schüssler say?

In the original publication of Schüssler's "A shortcut Therapy" (1898), it says, (quote) **"The dose of a [...] mineral should rather be too small than too large. If it is too small, a repeated administration of the same will lead to goal; if it is too large the intended purpose will be complete lost."** This perception was confirmed by the rule of professors Rudolf Arndt and Hugo Paul Friedrich Schulz (Arndt-Schulz-Law), which states that small stimuli promote vital functions, whereas strong stimuli rather obstruct. This counts for all so-called stimulation therapies that manage with miniscule quantities of active agents.

Schüssler-Therapy:

It depends on the correct stimulus

The Schüssler-Therapy also functions with smallest stimuli. The homoeopathically prepared minerals trigger regulatory systems in the body and thus support the body in rebalancing the disrupted mineral equilibrium. This causes an improved function of cells and organs, strengthens the self-healing powers and therefore a reduction of problems. Schüssler-Salts are selected according to the symptoms and the causative mineral disorder. In case of acute afflictions it can be sensible to trigger the stimulus more frequently, which means administering a tablet of a particular mineral for

a certain period of time, e.g. once every hour, every half hour, or even every 15 minutes (at the commencement of treatment). Taking a large amount of tablets each time will not have a better, faster or more thorough effect.

Schüssler-Treatments:

Time sensibly and keep track

It was Schüssler's concept to create a simple applicable and effective therapy. Hence the contemporary treatments involving several minerals should also be practical; with a maximum of four minerals.

Minerals may also be taken in alternation, for example No. 1 mid-morning, No. 2 in the afternoon, No. 3 in the evening and No. 4 at night. This ensures keeping track and motivation to ensure compliance with the treatment for several weeks. Large quantities of tablets or the combinations of many minerals are not of additional benefit to the patient.

Schüssler-Salts:

Effective, well tolerated and popular

According to long-term experience 1 to 2 tablets (dissolved in the mouth) 3 times a day is generally sufficient. The 'Hot Seven' best works when dissolving 10 tablets in hot water and sipped slowly. (In case of stubborn problems this procedure may be repeated several times a day.)

Most therapists agree that a maximum of 15 tablets per day should not be exceeded (there are exceptions).

Schüssler's therapy is a valuable, extremely tolerable and user friendly instrument. It has a high potential when applied professionally and according to its true sense.
Günther H. Heepen

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