

Schüssler Express

#16



ADDICTED!

Immediately, the image of a heroin junkie or alcoholic comes to mind, contemptuously looked down at by everybody. However, not quite so conspicuous, but far more problematic is their own addiction of pain killers, tranquilisers or sleeping pills – drugs that do not cure anything, only disguise the truth, are by far at the top of the list of all medicines purchased.

It is still disputed if driving a car with a blood alcohol level of 0.3 or 0.5 should be allowed; instead our streets are crowded with people whose reactivity is even more impaired by psychotropic drugs – and nobody controls that.

The start is rather slow and harmless. An aspirin for headache can't do any harm, so advertisements suggest. But the headache keeps coming back. Why wait taking the tablet till the ache appears, why not take it as a precaution – just in case? This alone can be the cause for the new pain episode.

It is similar with the condition of discomfort which sits between disinclination, burn-out and depression. No medication is needed for Saint Monday. However, if one indulges in the illusion that 'the early bird that catches the worm' and often even 'can't get one's but into gear' and therefore has to pop a psychotic drug, one quickly loses the capability of managing the daily dissensions and nuisances in one's own efforts.

Converting inner restlessness into apathy with valerian or Valium, completely destroying the natural sleeping rhythm with sleeping pills, picturing rather than acquiring self-realisation with the use of drugs... There are many portals of entry to addiction.

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Stereotypical repetition in the medical practice, "I am not addicted." – "Then cut out the drugs." – "But I can't." What else is addiction?

Where exactly is the difference between a young person hiding their fear of exams behind a joint, the mother who, concerned about her child, takes Valium and the father who drowns his anger over the family in alcohol?

No pill makes a husband more faithful, children smarter, wages higher, the boss friendlier, work easier, taxes less. No need to tackle a bull by its horns; instead one should face reality. And, if it's not pleasing, change it.

Hans-Heinrich Jörgensen †
Former President of
German Association of Biochemistry

From the practice

Bell's palsy (Facial paralysis)

Possible causes of this are middle-ear infections, colds, surgical procedure, even stress. The cause should of course be established in each individual case.

Main biochemic remedies are: **No. 5 Potassium phosphate 6X** and **No. 7 Magnesium phosphate 6X**.

Additionally, as a result of severe influenza: **No. 10 Sodium sulphate 6X**.

Occurring salivation: **No. 8 Sodium chloride 6X**

Important: This condition requires extreme patience!



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HOW IS YOUR MINERAL METABOLISM?

**Do you have an increased demand in Minerals, or are your depots well stocked?
This quick Test will reveal if you need Schüssler-Salts**

Answer the statements that are appropriate for you; count the answers you ticked 'YES', and then check analyses

1. I have tried numerous diets over several years; unfortunately with little or no success.
Yes No
2. I often suffer from hunger attacks; almost always crave certain foods.
Yes No
3. I am always tired; feel exhausted and shattered, although I sleep rather well at night.
Yes No
4. Occasionally I suffer from heartburn, acidic burping, regular constipation, stomach ache or flatulence.
Yes No
5. My blood fat levels are slightly increased.
Yes No
6. My hair is brittle, dull and toneless; no shine.
Yes No
7. I have greasy, shiny, bad skin with large pores and permanent problems with blackheads, pimples and acne.
Yes No
8. When I eat just a little bit more than usual I see the result on the scales the following day. My digestion is rather sluggish and slow.
Yes No
9. I feel weak, can hardly concentrate; I am exhausted and worn out.
Yes No
10. My blood pressure is above 140/90 mmHg.
Yes No
11. Often I am unable to motivate myself. I'd rather lounge on the couch.
Yes No
12. My connective tissue is rather limp. I have a tendency to cellulitis and more wrinkles than my peers.
Yes No

Analysis

More than 7 answers with 'yes': You are probably experiencing an increased need in minerals – consult your therapist. Possible causes: Mineral-poor diet, Stress, too many Caffeine-containing drinks, Dehydrating medications, or Organic illnesses.

3 to 6 answers with 'yes': Your mineral metabolism should be improved with a more balanced diet. A distributing disorder of the salts may also be the case. Often the cells are unable to absorb the minerals adequately. Here, Schüssler-Salts help to keep you fit.

0 to 2 answers with 'yes': Your mineral metabolism is sound. Continue the mineral-rich diet and make sure the salts are balanced.

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