

Schüssler Express

#24



To the New Year

There is no past that we can bring back by longing for it. There is only an eternally new now that builds and creates itself out of the Best as the past withdraws. True aspiration must always be productive, to create a new better.

Johann Wolfgang von Goethe

At the turn of the year we consider and reflect on New Year's resolutions. A famous saying, 'The road to hell is paved with good intentions' (Dietrich Bonhoefer). What does this mean? Nothing but almost everybody makes resolutions, because this is a firm intention. And still people say, 'I always promise to do so much but in the end I stick to the old habits.'

For example, those who plan to go on holidays, be more mindful of their diet, increase exercising, stop smoking, etc. have resolutions that absolutely should be followed by actions. However, resolutions that are made during the festive period are usually ineffective because during that time emotions are very high and the soul is like a bright room illuminated by candles.

Resolutions that induce behavioural changes should be made in a time of tranquillity and concentrated relaxation. There is no obligation to wait for a special day or occasion.

With this in mind, Best Wishes for the New Year.

Fit with the Detox-Matrix-Regime by Schüssler

Three simple Tips...

Too much food and lack of exercise put a strain on metabolism and tissue. Outward signs are bad skin and dull hair. Internally, the digestion often strikes; while experiencing mental exhaustion.

Counteract with the triple active Detox-Matrix-Regime using Tissue Salts according to Dr. W.H. Schüssler. Detox-Yoga and low-glycaemic diet complement the regime for good looks and fitness.

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1. Detox Matrix Regime with Schüssler-Salts

The soft tissue between cells is called matrix. Like a sponge it absorbs and stores toxins. The nutrient exchange gets strongly hindered. Schüssler-Salts mobilise and expel the contaminants. Again the cells are able to work unimpededly; inflammations subside, metabolism and digestion are stimulated, organs and skin are able to regenerate. Result: One looks fresh and relaxed and has more energy.

Tip: Schüssler-Salts containing sulphur – No. 6 Potassium sulphate, No. 10 Sodium sulphate, No. 12 Calcium sulphate – are recommended.

- **Morning:** No. 10 Sodium sulphate
- **Noon:** No. 6 Potassium sulphate
- **Evening:** No. 12 Calcium sulphate

Each time dissolve 3 tablets of the respective mineral in the mouth, alternatively dissolve 5 tablets in a little hot water and sip slowly. Recommended duration of treatment is 4 weeks – best in spring and autumn.

No. 10 Sodium sulphate 6X assists the excretion of excess fluids and strengthens bowel function. The ideal remedy for all fasting cures.

No. 6 Potassium sulphate 6X assists the discharge of metabolic residues and toxins. It combats chronic inflammations and is a regeneration remedy for the skin.

No. 12 Calcium sulphate 6X mobilises metabolic- and excretory processes and boosts regeneration. Inflammations are contained and the connective tissue function improved.

2. Detox-Yoga

Detox-Yoga is an effective option of stimulating liver, gall, kidneys, intestine and metabolism with simple activating exercises. Like all sport in moderation it also

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produces hormones such as endorphins which ensure good mood and motivation. The immune-system is also boosted. Detox-Yoga is not about perfection. Tip: Choose suitable exercises from numerous guides on the web or in brochures and simply start.

3. Low-glycaemic diet

Under the topic 'healthy nutrition' the low-glycaemic diet has become the talking point. A simple but sustainable and therefore lasting form of diet, taking the glycaemic index (GI) in foods into account. A high GI increases the insulin level and causes ravenousness, creating a vicious circle which ultimately encourages diabetes and overweight. Tip: Get information and charts and where possible change the diet.

Günther H. Heepen

Letting off steam...

Somebody or something makes you furious?

Here is what you could do:

- Count to TEN before reacting
- Go jogging, dancing, or run. Singing and screaming can also help to get rid of anger
- Stand upright, stretch arms upwards and build body tension. Remain in this position for two to three minutes – cortisol level automatically reduces by 40 per cent (according to psychotherapists)
- Accept that rage is part of life – life is not only sweet
- Change your perspective; try to place yourself into the situation of the other person

