

Schüssler Express

#47



SUBLINGUAL AND BUCCAL ADMINISTRATION OF DRUGS AND SCHÜSSLER MINERALS

Why do you put a tablet under your tongue?

Is sublingual better than oral?

Peak blood levels of most products administered **sublingually** are achieved within 10-15 minutes, which is generally much **faster than** when those same treatments are ingested **orally**. **Sublingual** absorption is efficient. The percent of each dose absorbed is generally higher **than** that achieved by means of **oral** ingestion.

Definition

Sublingual and buccal administrations are two different ways of giving treatments by mouth. Sublingual administration involves placing a tablet under your tongue to dissolve and absorb into your blood through the tissue there. Buccal administration involves placing a tablet between your gums and cheek, where it also dissolves and is absorbed into your blood. Both sublingual and buccal treatments come in tablets, films, sprays, or drops. The Schüssler method of introducing minerals as a "Hot 7" has the additional advantage of enabling the cells of the Buccal Mucosa and sublingual tissue to absorb the minerals at a greater rate.

When sublingual and buccal drugs are given

Your Medical practitioner or therapist may prescribe sublingual or buccal treatments under any of the following circumstances:

- the treatment needs to get into your system quickly
- you have trouble swallowing tablets
- the tablets do not absorb very well in the stomach
- the effects of the treatment would be decreased by digestion (this is when the hydrochloric acid of the stomach breaks the medication down even further.

One of the reasons Schuessler was adamant his mineral therapy treatments were taken sublingually or by buccal administration.

Advantages

Sublingual or buccal forms of treatments have the following advantages. The cheeks (Buccal Mucosa) and area under the tongue (Sub lingual tissue) have many capillaries, or tiny blood vessels. There, treatments can be absorbed quickly and directly into the bloodstream without going through your digestive system so they are not metabolized through your liver. This means you may be able to take a lower dose and still get the same results.

Another advantage is that you don't have to swallow the treatment. Treatments that are absorbed under the tongue or between the cheek and gum can be easier to take for people who have problems swallowing tablets.

Disadvantages

On the other hand, sublingual and buccal forms of treatment also have some disadvantages. Eating, drinking, or smoking, can affect how the treatment is absorbed and how well it works. Also, these methods of absorption do not work for "drugs" that need to be processed slowly by your system, such as extended-release formulations. Any open sores in your mouth can also become irritated by some medications.

The Path of the Ions

After the biochemic tablet has been dissolved in the saliva, the ions pass through the oral mucosa and arrive together with the bodily fluid flow into the blood and thus circulation, and therefore are transported and

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made available to each individual cell. There are varying fine canals in the cell membrane, which allow the passage for only one particular kind of ion. These canals are closed by specific receptors; the so called *calcium antagonists* for example block the calcium canals.

In 1980 At the Max-Planck-Institute for biophysical chemistry in Gottingen (Germany) Erwin Neher and Bert Sakmann developed a technique which enables us to measure and make the finest membrane currents visible. For this they received the Nobel Prize for medicine in 1991.

In the meantime, medicine has now become aware of more than 100 canals, even non-specific ones!

As a result it is now more easily understood, that the minerals triturated (diluted) in the known manner in order they can be present as single molecules in the lactose, are able to pass through the tiny openings (canals) of the cell wall (osmosis). As we have seen, salt molecules do not pass through the canals of the cell membrane as solid substances; the purpose of the fine trituration process is to enlarge the surface area and therefore to increase the solubility of the most difficult soluble Schüssler salts, because only ions are able to enter the cell.

It is interesting to note that when Dr. Schüssler wrote "minerals have to be administered in fine dilution" this was according to the knowledge at his time; the theory of electrolytic dissociation was unknown and the ion theory had not yet been expanded upon at that time, and at very least could not have been even considered by him.

Sugar

Did you know: For every molecule of sugar, our bodies use 54 molecules of Magnesium to process it. Sugar also depletes Potassium and robs your bones of minerals in general.

Cortisone

Cortisone used for pain and inflammation may contribute to severe Calcium loss with prolonged use. It also depletes Potassium.

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SCHÜSSLER-SALTS ENERGY-CURE

With the Schüssler-Salts No.3, 5 and 7 enjoy being active and full of beans the whole year round. All three minerals contain phosphate – a vital energy carrier in the organism.

- ❖ **Morning:** No. 5 Potassium phosphate 6X
– the salt for nerves and psyche
- ❖ **Lunch:** No. 3 Ferrum phosphate 12X
– the salt for the immune system
– provides for good oxygen absorption
- ❖ **Evening:** No. 7 Magnesium phosphate 6X
– the salt for muscles and nerves

Administration: At the time take two tablets and allow to dissolve in the mouth.

Duration of treatment: Approximately 4 – 6 weeks

POWER-PORRIDGE BREAKFAST

3 tbsp porridge oats
150 ml almond drink, sweetened
150 g cottage cheese
1 tsp cinnamon
1 handful fresh berries of choice

Mix almond drink with oats and briefly bring to the boil in a small saucepan. Reduce heat and allow simmering to a mash. Transfer to a bowl and mix with cinnamon and cottage cheese. Decorate with fresh berries – ready!



Tip: Add 2 tablespoons chopped nuts of your choice.

