

Schüssler Express

#39



FITNESS FOR THE BRAIN CELLS

How to jog your Memory / Memory Lapses often after Holidays

Holidays are important for the body. However, total relaxation for a long period of time can sometimes have undesirable consequences for the head. After holidays concentration can often be worse than usual. Names, addresses and phone numbers can suddenly fail to be remembered. But, there is something we can do against these 'holiday related' memory lapses.

Training and Oxygen

Training gets the grey cells going again! The brain requires lots of oxygen. The weight proportion of the brain to the body weight is just two per cent, however it utilises 40 per cent of the oxygen we inhale. Therefore, get some fresh during breaks, breathing deeply or do some recreational sport.

The Brain needs Fluid

To 70 per cent the brain consists of water, thus it can only be active in a moist milieu. Drink three litres of mineral water during the course of a day when you have to think a lot. Those who drink too little become mentally lazy and are unable to concentrate. An ideal drink is an apple spritzer – apple juice and sparkling mineral water mixed in equal parts.

The Brain requires special Food

One can eat oneself smart! Trace-elements such as zinc, copper and phosphorus are such brain foods. These substances are contained amongst others in: Carrots, avocados, raisins, dates, figs and oats. In order to retain the inhaled oxygen in the brain for a long time you should eat 'greens': Lettuce, spinach, herbs. The green colorant chlorophyll retains oxygen longer in the brain and makes sure that it can be better utilised. In between also eat tomatoes. They contain

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the substance 5-Hydroxy-Tryptamin, a messenger that helps the brain to relax.

The brain needs adequate Sleep

Sleep strengthens the memory. Who sleeps eight hours every night is able to think better. Permanent brain training also keeps the 'grey cells' fit:

- Go shopping without a shopping list. When back home check if you have forgotten something
- Do not avoid new mental challenges – for example the use of a computer, tablet etc.
- Learn a foreign language or memorise a poem
- Play chess from time to time or other board games that demand mentation
- Calculate in the head, don't use a calculator continuously
- Cultivate regular contact with other people

There is also a very effective acupressure move used in Traditional Chinese Medicine (TCM). With the index finger of your right hand find the point LG 20. It is situated at the highest point on the head in the centre of the skullcap. Place the index finger on this point and massage, with pressure, in circular movements for 30 seconds each, take a break for ten seconds and repeat the exercise several times.

Or you can use the 'thinking cap', a finger exercise used in kinesiology, developed by the American Dr George Goodhaert. Using thumb and index finger on both hands and massage the edges of your ears from top to bottom. Repeat the exercise a few times. Your brain will give thanks with peak performance.

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Schüssler-Salts for Constipation

Several Schüssler-Salts have to be considered for constipation. Alternate administration of some remedies has been proven successful. Dr Schüssler (1821-1898) recommended No. 3 Ferrum phosphate 12X as the dominant remedy for chronic constipation. In addition the tissue salts No. 9 Sodium phosphate 6X and No. 10 Sodium sulphate 6X may also assist.

The No. 9 Sodium phosphate 6X is known as the de-acidification remedy, however it also renders assistance in case of constipation, particularly when experiencing diarrhoea and constipation in alternation. The No. 10 Sodium sulphate 6X is used by many people suffering constipation. Sodium sulphate is a mild laxative "Glauber salt", derived from the mineral Mirabilite

Treatment of Chronic Constipation

- No. 3 Ferrum phosphate 12X
- No. 9 Sodium phosphate 6X
- No. 10 Sodium sulphate 6X

Administration: Take in daily alternation (2 tablets three times per day) – dissolve tablets in the mouth.

Peter Emmrich

From the Practice

Patient aged 68 "stubbed" his right big toe on climbing steps during inclement weather, even though at the time he was wearing good solid shoes. Pain and discomfort was felt in both joints of the toe in question, although there was no bruising, and x-ray showed no fractures. However there was some minor swelling and the area was "red" and hot to touch.

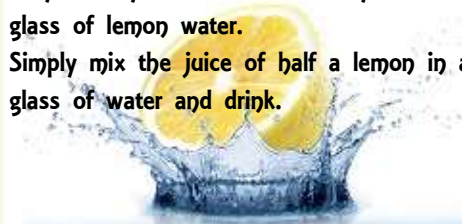
Patient was prescribed the 'usual medication for pain and the reduction of the swelling', but, as usual, chose not to use any pharmaceutical preparations.

Treatment prescribed by our practice was a simple gentle massage of the whole area using No. 3 Ferrum phosphate cream, to be applied three times per day. Relief was felt within a half hour of first using the treatment, and within two days the swelling had subsided and patient was pain free.

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Acidic makes jolly, but... also fit

Why not try the start of the day with a glass of lemon water.
Simply mix the juice of half a lemon in a glass of water and drink.



A true kick-start for the digestion!

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