



The World Foundation for Natural Science

The New World Franciscan Scientific Endeavour of The New World Church

Restoring and Healing the World through Responsibility and Commitment in accord with Natural and Divine Law!

European Headquarters ✦ PO Box 7995 ✦ 6000 Lucerne 7, Switzerland ☎-Tel: 41(41)798 0398 ☏-Fax: 41(41)798 0399
World Headquarters ✦ PO Drawer 16900 ✦ Washington DC, 20041, USA ☎-Tel: 1(703)631-1408 ☏-Fax: 1(703)631-1919 ✦ www.naturalscience.org

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Schuessler Salts for Colds

The founder of this method was the German homeopathic doctor Dr. Wilhelm Heinrich Schüssler (1821 – 1898). His aim was to simplify homeopathic treatment. Dr. Schüssler found out that functional organ disorders are often caused by a lack of one or more minerals. To treat the disorder, these minerals are supplied in homeopathic potency to stimulate the body to improve the absorption and transport of the mineral in question. In the treatment of colds or to strengthen the immune system, very good results can be achieved with Schuessler salts.

Colds

On the first signs:

Schuessler Salt no. 3 Ferrum phosphoricum D12

For coughs, colds, hoarseness, sore throat, earache:

Schuessler Salt No. 4 Potassium chloratum D6

For persistent colds with yellowish secretions:

Schuessler Salt No. 6 Potassium sulfuricum D6

Schuessler Salt No. 12 Calcium sulfuricum D6

With a fever below 39 degrees Celsius/102.2 degrees Fahrenheit:

Schuessler Salt No. 3 Ferrum phosphoricum D12

With a fever of more than 39 degrees Celsius/102.0 degrees Fahrenheit:

Schuessler Salt No. 5 Potassium phosphoricum D6



The Schuessler Salts can be taken to accompany all stages of disease suitably:

No. 3: Ferrum phosphoricum D12 – for the first stage:

This salt is the most important salt *for all acute complaints and infections at an early stage*. Ferrum phosphoricum improves the oxygen supply and *thus strengthens the immune system*. Colds heal faster and new infections can be prevented by a strengthened immune system. Ferrum phosphoricum is suitable for the treatment of beginning inflammations without secretion.

No. 4: Potassium chloratum D6 – for the second stage:

This salt is very often given as a second remedy after Ferrum phosphoricum when the mucous membranes of the nose, pharynx, throat and bronchi are already affected by the inflammation. It supports the excretion of nasal and bronchial secretions *through colds and coughs*. Potassium chloratum *dissolves the mucous secretions* and promotes their removal via the lymph.

No. 6: Potassium sulfuricum D6 – for the third stage:

This salt is used when the common cold does not heal, but enters a *chronic stage*. Potassium sulfuricum *can lift a standstill in recovery* and accelerate the healing of the cold. The salt is involved in the regeneration and new formation of inflamed mucous membranes. It promotes the elimination of pus.

Additional remedies can be given to support this process:

No. 5 Potassium phosphoricum D6:

This salt has a *stimulating and strengthening effect* on the whole body and is important

for the oxygen supply of the body cells. Potassium phosphoricum stimulates combustion processes, which produce energy and strengthen the immune system.

No.7 Magnesium phosphoricum D12:

As “Hot Seven” for *support and relaxation*. The “Hot Seven” has proven to be particularly effective as an acute remedy. For this purpose, ten tablets are dissolved in hot water and drunk in sips as hot as possible.

Zincum chloratum No.21:

The supplement Zincum chloratum plays an *important role in the immune system* because it intervenes in the activity of phagocytes (phagocytosis) with the support of enzymes.

How many salts can be combined?

No more than 3 to 4 Schuessler Salts should be taken simultaneously.

Ingestion

Melt the tablets in your mouth. Alternatively, the Schuessler Salts can be dissolved in some water and drunk. When taking the tablets, there should be an interval of half an hour before or after meals.

Acute complaints

The Schuessler Salts can be taken every 5-10 minutes or every half hour, depending on the severity of the complaints, until a significant improvement of the complaints occurs. Usually this is the case within half an hour to two hours. If there is no improvement during this time, the remedy was probably not chosen correctly.

Chronic complaints

In long-term therapy, two to three Schuessler tablets are given daily.

Immune treatment

The Schuessler Salts No. 3, No. 6 and No. 7 can be used in combination during four weeks to strengthen the immune system.

In the morning: 2 tablets of Schuessler Salt No. 3 Ferrum phosphoricum D12

In the afternoon: 2 tablets of Schuessler Salt No. 6 Potassium sulfuricum D6

In the evening: 2 tablets of Schuessler Salt No. 7 Magnesium phosphoricum D12

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