

Biochemistry - Basic Principles and Method

History

In 1873, Dr. Med. Wilhelm Heinrich Schuessler, a German doctor, published an article entitled "An Abridged Homoeopathic Therapeutics" in the 'Allgemeine Homoo-pathische Zeitung' in which he stated that "the generally used medicines had become superfluous" for him and that he required only 12 inorganic substances ie, physiological function remedies of the organism". He was convinced that these remedies were the shortest way to the desired results.

A year later, in 1874, Schuessler decided to make public the principles of his shortened homoeopathic therapeutics. His booklet "An abridged therapeutics, based on histology and cellular pathology" appeared on the stands. This title, in which no mention of homoeopathy was made, already sounded very different. Schuessler later wrote, "My healing method is not a homoeopathic one because it is not based on the simile principle but on the physiological-chemical processes which take place in the human organism". In the following years, he was to call this procedure Biochemistry.

Physiology

Physiology (Greek physis = nature) is the science of physiological-chemical processes in living organisms. Physiological chemistry deals with the related substances involved in this, and their effects.

A Short Biography

Who was this Dr. Schuessler? He was born on 21 August 1821 in Zwischenahn, in Oldenburg. He died here on 30 March 1898 of a stroke. Little is known of his youth, which he must have led in modest circumstances. Schuessler earned his living primarily by teaching foreign languages. Although he could not attend any higher school, he became highly proficient in old and new languages. Later, he was able to complete his medical study with the financial help of an elder brother. Homoeopathy had drawn his interest very early in life. At the age of 30, though he did not have a school-leaving certificate, he began his study at the universities in Paris, Berlin and Giessen where he got his medical doctorate after only two and a half years of study. This was followed by a few more semesters in Prague. However, before Schuessler could give the state examination, he had to take his school-leaving examination. This he did at the Senior Secondary School in Oldenburg. On passing the examination, he was congratulated with these rather peculiar words, "Doctor, you have passed your examination with 'distinction'. That is, the school-leaving examination!

From Homoeopathy to Biochemistry

After giving the medical state examination, Schuessler obtained his license to practice, as a doctor in 1857 when he was 36 years old. He settled in Oldenburg. In the early years of his successful practice, he devoted himself totally to homoeopathy. During this time he did much to promote homoeopathy, an endeavor that also included the publication of articles. He was, however, also critical of homoeopathy. He was a seeker with an independent mind who strived to 'create a clearly defined therapy', a therapy which entailed the use of only a few medicines as opposed to the wide range of homoeopathic medicine.

His many years of research in this field resulted in new findings and also a deeper insight in the physiological fields. He also became increasingly aware of the biochemic correlations. All this helped him to crystallize his ideas on the course of life in sickness and in health.

Mineral matter in the Organism

An exponent of this new awareness was the Dutch physiologist, J. Moleschott (1822 - 1893), who wrote of the importance of inorganic salts in the organism in his "Cycle of Life" (1852). A significant sentence in this work was "The structure and vitality of the organs depend upon the presence of the necessary quantities of inorganic constituents." Modern research on cellular contents and their role in physiological functions further strengthen the concept.

Inorganic Salts

Inorganic salts such as common salt, potassium phosphate and magnesium sulphate are carbon free compounds, whereas organic salts and other organic substances are compounds containing carbon such as sugar, or alcohol, etc. It was earlier thought that such organic substances could only be formed in live organs. This assumption was later proved incorrect. However, the differentiation between organic and inorganic chemistry was retained for didactic reasons.

Virchow's Cellular Pathology

Schuessler was greatly influenced by R. Virchow (1821-1902), the founder of cellular pathology (pathology = science of diseases and their causes). Virchow's revolutionary idea that all life even the pathological processes are linked to the tissues, the "cellular state" is relevant even today. According to him, "The nature of disease is the disease of the cells. The 4th edition of his "Cellular Pathology", which appeared in 1872, was read by Schuessler at a time when he was treading a new path of thought which sought to break away from the earlier dependence on homoeopathy and his new healing therapy was in the final stages of preparation.

Schuessler agreed with Virchow that the basic cause of all life processes and the changes in organs and tissues was to be found in the sensitivity of the cells. Therefore, the cause and nature of disease could, to a great extent, be attributed to the activity of the cells.

Biochemic Therapy

The discovery that the normal activity of the cell depends on a standard amount of inorganic salts helped Schuessler in further developing his biochemic therapy. According to him, any variation in the normal amount of inorganic, nutritive salts, especially a deficiency of these salts, was the cause of disease. Consequently, his therapy consisted of compensating the deficiency of inorganic salts through their medicinal counterparts. In the regard, it is not necessary to take recourse to substitution such as "to replace the deficiency with what is lacking" but to release a stimulus, to relay information, which will help the cells to reabsorb the necessary inorganic, salts from the food so that the inner balance is maintained. Schuessler placed his Cellular Therapy alongside of Virchow's Cellular Pathology. Today Schuessler's ideas are easy to follow. The knowledge, the function of the inorganic salts in metabolism, the role of the trace elements and the importance of a well balanced diet are well known today.

Hippocrates + Paracelsus

The foundations of such a biological or biochemical therapy were laid in the distant history of medicine. They can be traced to Hippocrates (5th/4th century B.C.) and later to the "impetuous renewer" of our medical philosophy, Paracelsus (1493-1541)

Biochemistry, a Natural Science discipline

This foundation was further broadened in the age of the natural sciences by contributions from biology, medicine, physiology and above all, chemistry. Today these are the components of general biochemistry, which is considered a comprehensive discipline of knowledge on life and its patterns. According to this discipline, every expression of life, every disease, even mental activity and psychological responses are linked to the process of chemical conversion specific to each of them, both within and without the cells. In these biochemic processes the mineral substances under discussion play an important role.

Today clinical biochemistry is meant to normalize the disturbed chemical balance in a living being, exactly as Schuessler has envisaged it. It was due to this method of treatment that Schuessler in his time won the right to call his newly defined therapy Biochemistry. The decision to do so must be viewed against its historical background. Today the term Biochemistry as biological chemistry, physiological chemistry or chemical physiology encompasses far more than Schuessler could ever dream of.

Over a hundred years of biochemistry after Schuessler

The passage of time has not brought any changes in the basic relevance of his therapy, which has held on its own for more than 100 years. Nor are any changes required in its practical administration. In fact, Schuessler had anticipated a great deal in the medical field that was to gain recognition much later. All else is a matter of interpretation.

Natural, safe therapy

Schuessler and his successors have proved that their biochemical repertoire offers many effective therapeutic possibilities. It is convincing, safe, adapted to the human body and "natural" in the full sense of the word. The limits of biochemical action are dictated by the extent to which biochemic science has progressed in the past decades in the fields of dietetics, chemotherapy, hormonal therapy, physical treatment, surgery, gynecology etc. that no therapist can ignore.

Schuessler's 12 Function Remedies

In keeping with the times, Schuessler's therapy revolved around the 12 mineral salts found in the blood and the tissues. He named them function remedies because each of them affected certain functions of the body organs.

They are:

1. Calcarea fluorica
(Calcium fluoricum, Fluorspar, calcium fluoride)
2. Calcarea phosphorica
(Calcium phosphoricum, Phosphoric acid calcium, calcium phosphate)
3. Ferrum phosphoricum (Iron phosphate)
4. Kalium muriaticum
(Kalium chloratum, Potassium chloride)
5. Kalium phosphoricum
(Potassium phosphate)
6. Kalium sulphuricum (Potassium sulphate)
7. Magnesia phosphorica
(Magnesium phosphoricum, Magnesium phosphate)
8. Natrum muriaticum
(Natrium chloratum, sodium chloride, common salt)
9. Natrum phosphoricum (Sodium phosphate)
10. Natrum sulfuricum (Sodium sulphate)
11. Silicea (Quartz, silicic acid)
12. Calcium sulfuricum (Calcium sulfuricum, Calcium sulphate, Plaster)

Schuessler later eliminated the twelfth remedy, Calcium sulfuricum, from his therapy, thus reducing his repertory to eleven remedies. However, his successors again included it in the therapy. Today it is one of the relevant remedies of biochemistry.

Preparation of Biochemic Medicine

Even though Schuessler deviated more and more from homoeopathy and the similarity principle, in the pharmaceutical field he retained the homoeopathic techniques of preparation which he knew well from long years of experience. As in homoeopathy, biochemic medicine also consists of specific medicinal stimuli, which support or activates the body's endeavor to heal. Only the smallest quantity of the substance corresponding to the quantity normally present in the blood and tissues of the body are adequate towards this end.

Schuessler's function remedies and the supplements are triturated with lactose, potentized according to the homoeopathic procedures and made into tablets. This procedure ensures maximization of the drugs action, combined with optimum reactivity of the individual substances. The biochemic medicine this way reaches roughly the size of a molecule, and can in this form, as ions* pass through the cell membranes. The same type of mineral salt molecules, thus eliminating the restriction on the exchange of substances between the cells and the extra cellular tissue, as is typical in the case of sick cells, can rectify any disturbance in the molecular motion. The cells are capable of biological and biochemical regeneration.

* A molecule (Latin moles = mass) is the smallest material unit of a substance, which consists of various atoms such as sodium chloride (common salt) from sodium and chlorine. Ions are atoms with positive or negative charges. For instance, in common salt sodium has a positive charge and chlorine a negative charge. The cells in the form of ions absorb salts.

Conclusion

The biochemic medicine restores the ion gradient necessary for the normal functioning of the cells.

This may sound difficult; but a general idea of the processes needs to be given for the benefit of those who seek a scientific explanation, albeit a simplified one, of how biochemic remedies work.

Potencies of Biochemic Medicine

The function remedies are available in tablets of 65 mg in the potencies 3x, 6x, 12x, 30x and 200x. This refers to decimal potencies in the ratio of 1: 1000 (3x), 1: 1,000,000 (6x) and 1: 1,000,000,000,000 (12x) and so on. This means that in case of 6x, a molecule of mineral salt is surrounded by about 1 million lactose parts, in the case of 12x, it is surrounded by 1 billion of such parts and in this extreme state the maximum effectiveness or potency (Lat. Potentia = power) is realized.

Decimal Potency

The term 'decimal potency' is derived from homoeopathic terminology. It indicates the arithmetical concentration of a substance. For example, if one part of the medicinal substance is triturated with 9 parts of lactose for a certain period of time, the result is a 10% mixed substance, a 1x (1: 10). If this concentration is further processed in the same way, the result is a 1 % mixture, a 2x (1: 100). The same decimal progression is used for 3x (1: 1000) = 0.1 %), for 4x (1: 10,000 = 0.01 %), for 5x (1: 100,000 = 0.001%) for 6x (1:1,000,000 = 0.0001%) etc. Each time the subsequent potency is prepared from the previous one. This procedure of progressive potentising continues till the medical powers of the substance have surfaced properly. The word 'potency', which apart from its arithmetical meaning actually signifies 'strength', has already been discussed.

Prescription

The biochemic remedies are available in the original packing in 20 gm or 25 gm. The prescription is made according to the Latin terms of the remedies (e.g. Kalium phosphoricum) with the desired potency (3x, 6x or 12x).

Therapeutics

The application according to the common terms for diseases is given in alphabetical order. If several remedies have been recommended for the same indication, the individual details and information are to be carefully matched. While selecting the remedy, a look at the more detailed information may be helpful.

Clinical application of Schuessler's Function Remedies

Short Descriptions of the Characteristics and Application

1. Calcareo Fluorica

Calcareo Fluorica (Calcium fluoratum, calcium fluoride, fluorspar) is found in enamel of teeth, bones and the epidermis and particularly where there is elastic tissue. The remedy facilitates blood circulation and strengthens the small blood vessels. It also promotes the absorption of angiosclerosis.

Application

Loss of elasticity of blood vessels (haemorrhoids, varicose veins, arteriosclerosis). Bone and tooth diseases (predisposition to caries etc.), intervertebral disk damage, joint complaints, rickets, hardened tissue and glands, weak posture and early aging of the skin. Calcareo Fluorica is also used in the treatment of all tumours. It takes effect slowly and must be taken over a long period of time. In the case of chronic diseases, it should be taken in the potency 12 x or higher.

The symptoms improve with warmth and worsen in cold and wet weather.

2. Calcareo phosphorica

Calcareo phosphorica (Calcium phosphoricum, Calcium phosphate, calcium hydrogen phosphate) is the most abundant salt in the body as compared to the other salts. It is a biochemic remedy, which builds and strengthens the body. It mainly forms the hard bone mass but is also found in all the cells. Calcareo phosphorica has an effect on the cell membranes and is involved in the formation of protein.

Application

Same as Calcareo fluoerica, which can be used to advantage in combination with Calcareo phosphorica in all bone and teeth diseases, teething problems of children, bone fractures which are not healing well, anemia, lung diseases, nervous disorders, fatigability and sleep disorders (especially in babies and children as well as during the growing years). It is indicated in menstruation complaints, during pregnancy and convalescence. Calcareo phosphorica works slowly and must be taken over a long period of time.

This remedy suits particularly pale, anaemic people with a sickly expression, whose symptoms are aggravated during the night and while at rest.

3. Ferrum phosphoricum

Ferrum phosphoricum (iron phosphate, ferrosoferricphosphate). Iron (Ferrum) is a salt of far-reaching importance for the organism. The essential role it plays is well known. It is an indispensable constituent of haemoglobin. It is found in all cells, is involved in many enzymatic processes and plays an important role in fighting infections. Children need iron for growth. It is also needed during menstruation, pregnancy and the lactation period.

The portion of iron in the organism amounts to 4 to 5g, three-fourths of it is bound in hemoglobin.

Application

"Every family should have Ferrum phosphoricum." (H.G. Jaedicke). It is the biochemic remedy for all diseases, which appear suddenly and is indicated in the early stages of all inflamed and feverish conditions. It is also indicated in children's diseases, anemic conditions, for pain, wounds, haemorrhages, bruises, joint sprains, physical overexertion, circulatory disturbances with rheumatic symptoms, acute gastritis with pain and vomiting as well as in summer diarrhoea with fever.

All symptoms aggravate during the night, in warm conditions and with motion. Rest and coolness relieve the symptoms.

4. Kalium muriaticum

Kalium muriaticum (Kalium chloratum, Potassium chloride). Kalium is a constituent of every cell, particularly the red blood corpuscles / erythrocytes. Like Natrum, this salt has specific physiological effects on the sensitivity of nerves and muscles. Furthermore, Kalium is also involved in the formation of protein and in carbohydrate utilization (stimulates metabolism). On the whole, Kalium is an indispensable constituent of the organism. Lack of Kalium causes pathological changes in various tissues (heart muscles, skeleton muscles etc.).

Application

In biochemistry, it is the main remedy for catarrh of various organs and mucous membranes, if there are viscous-fibrinous secretions (second stage of inflammation) and a white, whitish-grey or white slimy mass is formed such as whitish-grey flakes on the skin or solid white membranes on the mucous membranes.

Kalium muriaticum is prescribed especially for ear, eye and throat diseases, which are characterized by fibrinous inflammation. It is also recommended in the case of lung inflammation, fibrinous pleurisy, bronchitis, rheumatism, tendovaginitis, warts, chilblains, vaccination complaints and bums.

Warmth alleviates the symptoms. Motion, spicy and greasy food aggravates them.

5. Kalium phosphoricum

Kalium phosphoricum (potassium phosphate, potassium hydrogen phosphate). It is the most significant salt of the cells and is particularly important for blood plasma, discoplasm, the tissues, the brain, nerve and muscle cells. Lack of Kalium leads to fatigue of the organs, which may be due to a psychological disorder, depression, fearfulness, sadness and poor memory in a person.

Application

Kalium phosphoricum is the most valuable biochemic function remedy for acute and chronic diseases as well as for the state of exhaustion. It is indicated in cases of nervousness, depression, exhaustion, melancholy, hysteria, nervous sleeplessness, disinclination towards mental activity, poor memory, muscular weakness, lumbago, nervous heart complaints, anxiety with heart palpitations. It helps in the treatment of organic heart diseases, hemorrhages, paralysis, loss of energy caused by infectious diseases, rotting and gangrenous conditions with foul-smelling discharges (internal antiseptic).

Moderate movement improves the symptoms, though exertion would aggravate them.

6. Kalium sulphuricum

Kalium sulphuricum (potassium sulphate). It is found in the epidermis and the epithelial cells of the skin and mucous membranes, very often in combination with iron which it assists in carrying oxygen to the cells and with which it activates the cellular metabolism. What Ferrum phosphoricum is to the first stage of inflammation (dry swelling without secretion), Kalium muriaticum is to the second (viscous secretions), and Kalium sulphuricum is to the third (inflammation with slimy, yellow secretions).

Application

"In case of all diseases, which have not been cured properly" (H.G. Jaedicke). In case of all kinds of chronic inflammations, skin diseases with formation of scales, chronic suppurative mucous membrane catarrh (nose, ear, throat, bronchial tubes, conjunctiva etc.), catarrh of the stomach and bowels, hepatitis and nephritis as well as rheumatic joint pains and generally for the promotion of all processes of excretion and detoxication.

Import indications for the selection of the remedy: The patient is sad and fearful; worse towards evening and in warm, closed rooms; relieved in cool, fresh air.

7. Magnesia phosphorica

Magnesia phosphorica (magnesium phosphate, magnesium hydrogen phosphate). It is the biochemic remedy for pain and cramps. Magnesia is second only to Kalium among the mineral substances of the human organism. About half of the total amount present in the body is found in the skeleton, a third in the muscular system and the rest in the nerves, brain and spinal marrow, red blood corpuscles, liver and thyroid glands. Magnesia is involved in many enzymatic processes.

It has an anti thrombotic and anti allergic effect, influences neuromuscular sensitivity and the functioning of the heart (among others, it prevents myocardial infarction). Magnesia lowers basal metabolism and the cholesterol level in the blood.

Application

For all types of cramps, colic and pain, for neuralgia in all parts of the body, a feeling of tightness around the area of the heart and susceptibility to migraines. It is very effective in treating all colic conditions and flatulence, teething problems and paroxysmal cough in children and watery diarrhoea accompanied by body ache. All symptoms are relieved by warmth and firm pressure. They are aggravated by the cold.

"Hot seven"

For quick relief in the case of cramps and colics, half a teaspoon of Magnesia phosphorica are dissolved in a glass of hot water (stirred often) and a sip is taken every 2 to 5 minutes. Since Magnesia phosphorica is the 7th remedy according to Schuessler, this application is jokingly called "Hot seven".

8. Natrum muriaticum

Natrum muriaticum (Natum chloratum, sodium chloride, common salt). Common salt (Natum chloratum) is the most important element among the Natrum salts of the organism. It is absolutely essential. While Kalium is found mainly in the cells, approximately half of sodium is found in the extra cellular fluid. A third is located in the bones and cartilage. In comparison, there is a proportionally higher concentration of intracellular Natrum in the stomach and kidneys.

Natrum regulates the water balance, the osmotic pressure (for regulation of the osmotic pressure an adult of average stature performing average physical activity requires 5 to 10g of common salt per day) and the acid-base balance. It ensures the sensitivity of the muscles and nerves (sodium-potassium pump), assists in the formation of new cells and stimulates the formation of red blood corpuscles.

Application

Anemia, chlorosis, loss of appetite, weight loss, catarrh of the mucous membranes with watery secretion, stomach-bowel catarrh with watery diarrhea, acid deficiency, hypogalactia of puerperae, constipation, hemorrhoids, tingling and feeling of numbness in the extremities, watery skin eruptions, rheumatic complaints, headaches, migraines, excessive secretion of tears and salivation, neurasthenia, hysteria and lack of drive.

The symptoms aggravate during the morning, due to mental exertion and in moist-cool weather; thirst and desire for salty food. They improve in dry, warm air or also in cooler, fresh air.

9. Natrum phosphoricum

Natrum phosphoricum (sodium phosphate, sodium monohydrogen phosphate). It is found almost everywhere in the organism: in the brain cells and nerves, in the muscles, the red blood corpuscles and connective tissue. It carries the uric acid in solution to be eliminated through the kidneys. Natrum phosphoricum is required for eliminating metabolic end products. Furthermore, the remedy plays an important role in the carbonic (acid) exchange of blood (buffer action) and in the metabolism of lactic acid, which is formed from glycogen during muscular action.

Application

Natrum phosphoricum acts as a neutralizing agent in cases of excessive acids of all kinds. It is indicated in acute and chronic diseases (particularly for children), which are caused by metabolic disorders, in case of excessive hydrochloric acid, heartburn, sour vomiting, fermentative stool, rheumatism, sciatica and gout. It is also indicated in swelling of glands, inflammation of the eyes, catarrh of the tonsils and pharynx, inflammation of the stomach with sour belching, cystitis, gallstones, kidney stones and skin eruptions with honey colored, creamy discharge.

The symptoms are aggravated by motion, greasy food and moist-cold weather.

10. Natrum sulphuricum

Natrum sulphuricum (sodium sulphate, Glauber's salt). It is found more in the tissue fluids than in the cells. Its task is to eliminate excess water from the body, to remove metabolic wastes, detoxicate the organism and stimulate bile flow.

Application

In all diseases of the excretory organs (liver, gall bladder, kidneys, bladder), in case of skin eruptions, lichen, old wounds, oozing crural ulcer, edemata, influenza infections and rheumatic complaints.

Natrum sulphuricum is suitable for patients who always feel chilly and cannot get warm even in bed at night. They are irritable, apathetic and depressed. The symptoms, which often appear periodically, aggravate towards the morning, in damp weather and in damp surroundings (homes). The secretions are yellow-green and watery.

11. Silicea

Silicea (Acidum silicicum)

As a constituent of the connective tissue, it is essential for the body. Silicea is important for the skin and mucous membranes, the nails, hair and bones. It increases the power of resistance and mechanical strength of the tissues (biochemic cosmetic). Lungs, lymph glands and the suprarenal contain a considerable amount of Silicea. Silicea plays an important role in calcium metabolism. Along with other substances, silicea helps in the assimilation of calcium from the food.

It stimulates the formation of collagen (proteins in the bones) and stimulates the activity of the phagocytes ('devouring cells'), which help fight infections.

Application

Along with Calcium sulphuricum, Silicea is the main remedy for acute and chronic inflammations with all kinds of suppuration. It is also indicated in case of varices (varicose veins, hemorrhoids etc.), diseases of the nails and hair, inflammation and hardening of the glands, scarring processes, bone fistula, caries, rickets, hordeolum (stye) and night sweats.

Silicea reduces effusions and lowers the uric acid in the blood (refer also to Natrum phosphoricum).

Symptoms are aggravated by the cold (it's chilly everywhere), motion and towards the evening and night. Alleviation of the symptoms is brought about by warmth and by keeping the patient warmly wrapped.

The so-called 'Silicea children' look old, are often undernourished with slack skin and muscles. As adults they appear weak, depressive and incapable of work.

12. Calcareo sulphurica

Calcareo sulphurica (Calcium sulfuricum, Calcium sulphate, gypsum). Some of it is found in the liver and gall bladder. Like Silicea, it is an important remedy for all suppurating conditions. It increases blood coagulation and stimulates metabolism.

Application

Abscesses, boils, carbuncles, conjunctivitis, suppurative tonsillitis, suppurative bronchial catarrh, cystitis and nephritis, chronic cold involving the maxillary sinus with foul smelling, bloody and suppurating discharge; anal fistulas, chronic rheumatism and last but not least: insomnia, poor memory and vertigo.

Treatment with Biochemical Remedies

When to practice self-medication?

From the wide range of applications, therefore, only those are selected preferentially which are experienced by every human being and appear in every family typically, such as the routine discomfort, malaise and minor illnesses. Even in these cases self-medication is more or less applicable only when the person seeking medical advice is in the position to assess his own condition on the basis of individual or general experience, and to arrive at a decision. In case of doubt about the kind and development of an illness, a thorough clarification by differential diagnosis is always required. This is especially applicable to widespread health problems, serious and infection-related diseases, as well as prolonged and chronic illnesses.

Time and Patience

A very important fact to be always kept in mind is that biochemistry cannot be expected to produce results overnight. It is obvious that a certain period of time will have to pass until the "inner balance" is re-established and the functional efficiency of the organism is restored. This period must be endured with patience and critical self-observation. In most cases this biological process presupposes an adequately long period of intake of medical drugs. This does not imply that the patient has to accept the reality that the human body reacts to the drugs generally after a long time. "Everything can also go very fast", depending on the initial condition of the patient, the extent of the health problems, his overall psychosomatic constitution.

Dosage and Ingestion

According to Schuessler, "In acute cases a pea-size quantity of the trituration is administered every one or two hours, whereas in chronic cases it is three to four times a day". Relatively high dosage is prescribed nowadays according to general understanding. In acute cases, 4 to 10 tablets should be taken every five minutes, and in chronic cases 4 to 8 tablets up to 3 or 4 times daily. The intake should be half to 1 hour after the meals. These are taken without any fluid and are allowed to dissolve in mouth gradually, facilitating absorption of the effective substance directly by the mucous membrane in the oral cavity, bypassing the alimentary canal, and thus directly reaching the blood Stream. In case of infants and younger children, the tablets are given in pulverized form and are put directly on the tongue. Strong stimulants like nicotine and alcohol as well as strong spices are strictly prohibited while under biochemical medication.

Hot Seven

An exception to this scheme is Magnesium Phosphoricum, which, as a rule, is dissolved in water and taken in sips. Normal dosage can be exceeded in case of strong colic, attacks of acute pain and excruciating cramps or convulsions. On the basis of favorable results a practice has been established to dissolve half a teaspoon of the drug in a glass of hot water (not to be stirred with a metallic spoon), and to drink this mixture every 2 to 5 minutes in small sips. The procedure can definitely be used, although not so clearly indicated in the therapeutic section. It bears the appropriate name "Hot Seven" under "the Chosen", as Magnesium Phosphoricum is numbered 7 in Schuessler's table of drugs.

Only 1 drug

In general it is recommended not to take various drugs simultaneously. If one has to take another drug then it should be taken on alternate days. Hourly alternation can also be practiced, if justifiable. Very rarely the ingestion of more than 2 different drugs is reported.

Of what potency?

The choice of potency (3x, 6x, 12x, 30x and 200x) is very easy. Schuessler has used 6x most often for all of his functional drugs. Exceptions are Calcium fluoratum, Ferrum phosphoricum and Silicea, for which he prescribed 12x due to their low solubility. Today these 3 drugs are often taken in 6x potency. Doctors for treatment of difficult chronic cases mostly prescribe the 30x and 200x. This scheme can surely be practiced, as there is scarcely any possibility of a "wrong" potency.