

Mineral Predator Stress

Due to stress and its consequences, the body is very heavily burdened and increasingly uses up its consumables. For example, musculature tensions stress the household of No. 2 Calcium phosphoricum, demands of the nerves consume No. 7 Magnesium phosphoricum, hormone releases require much of No. 4 Potassium chloratum, etc. When the various stores of the minerals are exhausted, there are burdens in those areas. This is the topic of the following section. You will then find recommendations for using specific combinations of Schuessler minerals as well as helpful nutrients to alleviate specific problems.

A load on the nerves

An important fuel for the nerves is No.7 Magnesium phosphoricum. Magnesium ions are located at the synapses, where the electrical signal transmissions of the nerve cells take place.

Prolonged nervous tensions and special performance requirements lead to magnesium deficiency. In this case, both areas are meant: the intracellular area, which requires the magnesium ions as consumables and the extracellular area, which requires magnesium as building material.

Magnesium in the body

If magnesium is missing in the extracellular area, i.e., if there is a deficiency in the tissue, it leads to increased adrenaline release. Magnesium is also a „protective substance“ for the heart, brain, nerves and muscles during stress. It also affects the glands in the digestive area and the peristaltic movement of the intestine.

In the cell, magnesium is attached to the energy molecules, adenosine triphosphate. However, when the energy demand is increased through physical or psychological stress, more energy molecules are broken down and intracellular magnesium is released. The excess of magnesium in the cell is released into the cell space, meaning into the connective tissue, so that the magnesium ions inside and outside the cell are in their physiological equilibrium again. The excess of magnesium ions of the intercellular space are excreted via the kidney, whereby the total magnesium level in the organism decreases.

Thus we lose magnesium, which can manifest itself physically in a craving for dark chocolate. However, eating chocolate can only fill up the magnesium storage in the intercellular space, which leads to an ever-increasing desire, because the body must also fill up the intracellular area for its balance. Unfortunately, we often do not understand this as a signal of the body.

Excretion of magnesium

In summary, it can be said that any stress, whether physical or mental, leads to increased magnesium excretion via the urine, i.e., to a magnesium deficiency and to an increased release of stress hormones such as epinephrine, norepinephrine and steroid hormones. A vicious circle begins here that can only be reversed with a simultaneous magnesium supply to the intra- and extracellular areas. We can do that to our body by taking No. 7 Magnesium phosphoricum. For acute symptoms that need to be alleviated very quickly, the „Hot 7“ is optimal (see below).

What are the effects of No. 7 Magnesium phosphoricum in the body?

The mineral nutrient No. 7 Magnesium phosphoricum is a fuel for the autonomic nervous system. It influences the activity of the heart, circulatory system, endocrine system, digestive organs and metabolism. It protects against stress. This mineral is a good remedy for sleep and wake-up issues. It is an important part of the bones. No. 7 Magnesium phosphoricum increases the performance of the muscles.

A special application: „Hot 7“

As the only mineral, No. 7 Magnesium phosphoricum in dissolved form has a particularly rapid and intensive effect. As a „Hot 7“, No.7 Magnesium phosphoricum is able to reduce underlying nervous stress and bind and remove polluting gases from the body. For this purpose, 5, 7, 10 or more tablets of No. 7 are to be dissolved in 1/8 litre of hot water, which has cooked for a short time. This liquid is taken in sips.

Flatulence - odourless winds

If you are prone to bloating during stress, you should definitely use the „Hot 7“ more often. No. 7 Magnesium phosphoricum, also known as „Hot 7“, is an excellent painkiller in all lightning, shooting and drilling pains, and thus capable of treating all types of colic, especially in menstrual disorders. If a single intake is not enough, then apply the „Hot 7“ several times in succession.

No. 7 Magnesium phosphoricum as „Hot 7“ is called a lightning bolt for nothing - it works for certain complaints within a few minutes.

To replenish the mineral stores in the body until the signs of stress disappear, one usually takes the Schuessler salt in the form of tablets without special preparation.

Involuntary musculature

Magnesium is the fuel for the involuntary muscles. Stress, which also puts a strain on the emotional level, causes a contraction of the coronary arteries, leading to a special form of angina pectoris. The „Hot 7“ accompanying the medical treatment performs good services here. Even in the run-up to angina pectoris, the „Hot 7“ with its relaxing and soothing effect is recommended.

Performance of muscles

Since magnesium ions from Schuessler's salt No. 7 Magnesium phosphoricum intracellularly bind the energy molecule adenosine triphosphate (ATP), this mineral is particularly important for the performance of all muscles. In case of stress, in addition to nervous tension, we often react with tense muscles and should therefore think of No. 7 Magnesium phosphoricum as a remedy. As an example, the cramped muscles of the jawbone joint can be cited when you have to literally bite through life. This is especially true for sensitive people. No. 5 potassium phosphoricum can also be thought of in these situations.

Stage fright - nervousness

There are magnesium ions at synapses that transmit nerve stimuli. If someone is often exposed to situations involving nervous tension or stage fright, his body consumes a lot of No. 7 Magnesium phosphoricum. Sometimes one can observe the lack of this mineral in the so-called embarrassment redness. This is also one of the analytical symptoms for a lack of No. 7 Magnesium phosphoricum.

Globus sensation

With constant stress and a concomitant lack of magnesium, the so-called globus feeling occurs in the throat, one can translate it as „dumpling feeling in the neck“. Despite convulsive swallowing movements, this feeling of distress cannot be overcome. The globus feeling only gradually fades away with consistent intake of Schuessler salt No. 7.

Sleep problems

As „Hot 7“ No. 7 Magnesium phosphoricum is an excellent remedy to fall asleep relaxed and to start the day off in the morning. It is also called agent for sleep and wake-up.

It may not be enough to take No. 7 Magnesium phosphoricum as „Hot 7“ to fall asleep. Then other reasons play a role. For example, tense muscles that can be relaxed with No. 2 Calcium phosphoricum. If disturbance and restlessness plague in addition, No. 14. Potassium bromatum brings the desired rest.

Subsequently, No. 21 Zincum chloratum and No. 25 Aurum chloratum natronatum may help as relaxing minerals when falling asleep.

Subliminal tension

The „Hot 7“ acts like a relaxant with subliminal tension, for example on the eve of a test. In the morning, the activating learning mixture can be taken: No. 3 Ferrum phosphoricum + No. 4 Potassium chloratum + No. 5 Potassium phosphoricum + No. 7 Magnesium phosphoricum + No. 8 Sodium chloratum + No. 17 Magnesium sulfuricum

Cardiovascular problems

The heart is a compact, powerful muscle. The rhythmic heartbeat is controlled by the so-called „electric“ mineral, namely magnesium ions. A magnesium deficiency can result in an irregular heartbeat. That should be clarified and treated medically! To accompany a medical treatment, the Schuessler salt No. 7 Magnesium phosphoricum should be taken over a longer period of time. The application does not have to be in the form of the „Hot 7“!

Colic and migraine

For colicky pain, the „Hot 7“ is the drug of choice. It helps with abdominal pain and colic. In the treatment of migraine, especially in the early stages, it has been shown that the „Hot 7“ alone is not enough. No. 7 Magnesium phosphoricum should be combined with No. 1 Calcium fluoratum and No. 10 Sodium sulfuricum.

Migraines are pain in the decongestant vessels of the brain. When tension subsides, e.g., on the weekend, migraine complaints occur. The tension of the week subsides and the cramped vessels in the brain begin to relax. No. 1 Calcium fluoratum promotes the elasticity of the vessels, which allows them to relax better, No. 10 Natrium sulphic reduces the pollutants of the venous blood and No. 7 Magnesium phosphoricum reduces the involuntary residual tension that still plagues from the previous stress.

The migraine mixture is prepared in 1/8 litre of water that has been boiled for a short time. Dissolve in it 7 tablets of No. 1 Calcium fluoratum, 10 tablets of No. 10 Sodium sulfuricum, and of 10 tablets of No. 7 Magnesium phosphoricum. This mineral solution should be taken in sips and rather hot. In most cases, several of such „hot solutions“ are necessary until an effect occurs. Here is an important sentence from Dr. Schuessler himself: „The number of administered molecules must be large enough to cover the deficit.“

Cravings for chocolate

Hunger for chocolate again and again is associated with magnesium deficiency. Although so many varieties are on the market, you can basically distinguish between two chocolate preferences. Some like darker chocolate, rich in cocoa and magnesium. Those who prefer this chocolate actually suffer from magnesium deficiency, which we see as a result of stress.

Those who prefer nut or milk chocolate, has a lack of lecithin and needs No. 5 Potassium phosphoricum.

Those who prefer these types of chocolate often have a comparatively high energy requirement, which is why attention should be paid to a distinct nutrient supply.

Constipation

When the peristaltic movement in the intestines subsides and the bolus remains there longer than necessary, we feel it as constipation. A lack of magnesium can be the cause. It can also be provoked by excessive consumption of chocolate. Then the „Hot 7“ and in parallel to it tablets of Schuessler salt No. 7 Magnesium phosphoricum should be taken over a longer period of time.

Part of the bones

Much of the body's magnesium is stored in the bones. A part of it is responsible for an elastic bone structure, which should be considered in bone problems, especially in bone fractures.

Nervous itching

Nervous itching has to do with a specific surface tension of the skin, which can be mitigated by the „Hot 7“.

Important nutrients

In addition to magnesium, the nutrient combination from Adler Pharma also contains other ingredients that cause magnesium to be present in a particularly effective form.

The following nutrients are essential in Adler Ortho Aktiv No. 7: for the cardiovascular system

Magnesium as a dietary supplement activates about 300 enzymes and the cellular ion pumps, stabilizes the cell membranes and stimulates the insulin receptor. It has a relaxing effect on the cardiovascular system, prevents heart rhythm disturbances by reducing the calcium influx into the heart muscle cell, and reduces cardiac oxygen consumption.

For the involuntary muscles

Magnesium is used to relieve migraine, premenstrual syndrome (PMS) and menstrual disorders.

Hops supports the cardiovascular function in case of nervous stress.

For sleep-wake control

Magnesium applies to the heart, brain and muscles as a protective mineral in case of continuous stress. Hop flower extract helps to fall asleep.

Stress and nervous stress

Magnesium calms the nervous system and helps fall asleep in the evening. It helps with nervous tension and protects against stress.

Thiamine (Vitamin B1) strengthens the healthy functions and the regeneration of the nervous system. It affects the central and peripheral nervous system as well as the formation of neurotransmitters such as GABA and serotonin.

Contact

