

FASCIAE - STRENGTH AND SUPPORT WITH THE SCHUESSLER TISSUE SALTS

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FASCIAE

Beauty, connection and so much more!



In fitness, they are on everyone's lips and even in top-class sports on the training plan, fasciae. They support locomotion, act as a sliding element along which organs and muscles are displaced during movement. They serve as information transmitters and network structures along which nerve cords and blood vessels spread. In the cosmetic sphere, they have long been a topic of interest when it comes to beauty, wrinkles, dimpled skin or varicose veins. But what exactly are they and what's the best way to keep them healthy?

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WHAT ARE FASCIAE?

Fasciae are meshed, flatly interwoven strands of connective tissue that enclose all muscles, organs, bones and joint structures. They give shape and strength, maintain the inner body structure by keeping the organs and entire body areas in place, and they support the muscles in their movement processes. Mainly consisting of collagen and elastin, these connective tissue networks can do much more. Their connection to the autonomic nervous system makes them a sensory organ to which perception and emotional memory are attributed. Recent studies indicate that fasciae play a very special role in the transmission of pain impulses. Accordingly, they react to stimuli such as pressure and thus open up new insights for the potential explanation of the non-localizable causes of chronic pain.



In fitness, fasciae have increasingly moved into the focus of healthy exercise and mobility. For a long time, only muscles and circulation were a topic in sports, but today we know that there is more to it and that fasciae play a greater role than previously thought. Even despite the fact that the current state of scientific research on fasciae is still sparse, new diagnostic imaging methods have brought to light findings that show a significant role of the fasciae in the healthy mobility of the body.

All the structures of our body, be they organ, muscular, neural or other tissue structures, are connected and influence each other. Consequently, incorrect or insufficient exercise, particularly in old age, as well as incorrect strain and stress are factors that promote hardening and adhesion of the fasciae which, in addition to tension and pain, can also result in stiffness and restricted mobility. Targeted movement and training sequences should loosen the connective tissue and loosen any hardening. But, experts argue about the benefit of such training exercises, and whether such physical activities are not more likely to damage the tissue. The effect of and the potential risks of conducting massage of the fasciae with the specifically developed therapy rollers has to date not yet been sufficiently researched.

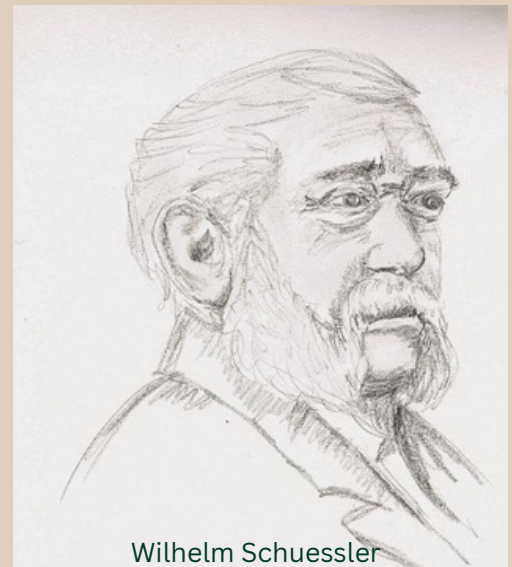
Fasciae have increasingly moved into the focus of healthy exercise and mobility

WHAT TO DO IF MOBILITY IS LIMITED?

But what happens when fasciae cannot, or only insufficiently, fulfill their functions? When stiffness accompanies everyday life or when movement hurts? The far-reaching consequences not only affect the muscular system, but every joint, organ, tendon and ligament. The consequences are uncomfortable at best, but by all means restricting, and in worst case painful. So what to do if your back hurts, neck mobility is restricted, joints are inflamed or tendons are irritated?

In a healthy state, fasciae are flexible and soft. However, if they are hardened or stuck together, they can no longer expand fully and contract evenly. Training and exercise can maintain the mobility and agility of the body, but nutrition can also have a lasting effect on the function of the fasciae tissue.

For example, an alkaline diet can promote the regeneration of connective tissue. The supply of protein can also build up the collagenous connective tissue cells, and micronutrients such as vitamins and minerals are essential building blocks in our bodies cells and are indispensable for all functions, including healing and maintaining the health of the connective tissue.



Wilhelm Schuessler

MINERAL SALTS FOR HEALTHY CONNECTIVE TISSUE

Another treatment approach, with the potential of remedying fasciae hardening and adhesion, is the mineral therapy with the Schuessler tissue salts. According to Wilhelm Schuessler, the founder of the Schuessler mineral salt therapy, there are disturbances of normal processes at cellular level once a mineral imbalance is noted. Discomfort and illness are the result. The basic principle of mineral salt therapy is based on the thesis that a deficiency in the human organism can be remedied by administering a mineral that is missing in the body. Wilhelm Schuessler assumed that compensating for an existing deficit could correct cell function and would restore optimal health. In addition, for Schuessler, only a highly diluted mineral substance was able to compensate for the intercellular deficiency. He was convinced that high concentrations would be blocked from being absorbed by cells due to their molecular size and that only very small amounts would be able to penetrate into the cells and restore the balance of a healthy state there.



**CALCIUM
FLUORATUM:**
a tonic for tissue
that has lost its
tone and
elasticity



WHICH TISSUE SALTS STIMULATE SELF- HEALING AND STRENGTHEN THE CONNECTIVE TISSUE?

SILICEA:

THE 'ANTI-AGING'
SALT



Calcium fluoratum is a component of cells, skin, teeth, and bones and is present in all elastic body fibers. Wilhelm Schuessler was already aware of this. Based on his therapeutic experience, he assumed that the administration of this salt would restore proper function and would rebuild flagged tissue in muscles, ligaments, vessel walls, skin and connective tissue. He therefore recommended Calcium fluoratum as a tonic for tissues that had lost their tone and elasticity. Calcium fluoratum is an important salt for the strength and stability of connective tissue and where first wrinkles appear as a sign of aging.

Like Calcium fluoratum, **Silicea** is related to connective tissue. It is present as a mineral in collagenous connective tissue, the skin and mucous membranes, bones, hair and nails. Schuessler said about Silicea that connective tissue that shows a deficit of Silicea would gradually atrophy. So in order to compensate for weaknesses in the connective tissue apparatus, the formation of collagen must be activated and that of elasticity must be promoted. The salt Silicea is an important Schuessler salt to promote elasticity and firmness and is used for skin and hair problems.

Fasciae are a fascinating construct. However, if they cannot fulfill their functions, this can have far-reaching consequences for the entire body. A combination of exercise and diet can have a positive impact on connective tissue health and maintenance. In addition, gentle help from Schuessler mineral tissue salts, which are easy to use and practically free of side effects, can activate the body's own self-healing powers from within, and can establish balance even in the innermost layers of the body.