

# Essentials for Understanding Cell Salts

*In the few minutes it takes to read through these brief explanations and consult the cell salt chart, you can gain sufficient familiarity with these fundamental remedies to safely treat everyday ailments and bolster overall vitality for family members of all ages.*

**Calc fluor** (Calcarea fluorica): The essential function of Calcium fluoride, this remedy's source, is giving tissues elasticity – the resilience and strength to bounce back into shape. Thus the cell salt treats varicose veins, hemorrhoids, stretch marks, loose teeth and conditions in which tissues are slow to bounce back from injury, repeated sprains, over-stretching, pregnancy, growth, fractures or illness.

**Calc phos** (Calcarea phosphoricum): As the most important source for growth, repair and bone strength, Calcium phosphate is fundamental to growing children, aging adults and tired grown ups. Its remedy helps balance growing pains, study headaches and acute anemia as well as arthritic joints, back and neck pain, tendonitis and slow healing bones. It also offers a boost of vitality when simple acute anemia, weak digestion or fatigue lingers after an illness, injury or childbirth.

**Calc sulph** (Calcarea sulphurica): This cleansing remedy's source, Calcium sulphate, helps the body clean blood, skin and body fluids. Thus the remedy helps with colds, croupy coughs, post nasal drip, swollen glands, ear issues, eye irritation and sinus congestions that secrete thick yellow mucus and worsen with milk products. For skin, it helps the body with abscesses and acne.

**Ferr phos** (Ferrum phosphoricum): Iron phosphate, this remedy's source, is critical for healthy blood and all related conditions. Ferr phos is called the anti-inflammatory cell salt as it speeds healing of redness and heat. Whenever symptoms like redness, heat, throbbing or fever, suggest acute inflammation (sore red throat, toothache, red eye, ear pain, common colds, anemia, skin eruptions, etc.), Ferr phos helps the blood and speeds healing.

**Kali mur** (Kali muriaticum): Potassium chloride, this remedy's source, breaks down fibrin, the substance that makes white secretions and discharges. Thus its cleansing cell salt helps colds, congestions, and indigestion when indicated by a white coated tongue and stubborn white mucus. Taking Kali mur for a few days before a flight can save traveling ears congestive discomfort.

**Kali phos** (Kali phosphoricum): This calming remedy comes from Potassium phosphate and supports nerves mentally, physically and emotionally. Its pain relief includes nervous headaches; backache, sciatic pain and other neuralgic pains; buzzing or ringing in the ears. Emotionally, Kali phos calms temper tantrums, grief, low spirits, anxiety, night terrors and sleeplessness.

**Kali sulph** (Kali sulfuricum): This remedy's source, Potassium sulphate, cleans more mature conditions than Kali mur. Kali sulph's leading indicator is yellow, especially a yellowish coating on the tongue, profuse thin or sticky yellow mucus, yellow vaginal discharge, yellow diarrhea and yellow skin issues. Stubborn colds, rattling croupy coughs, acute ear congestion, sinus symptoms, sticky eyes and acute wheezing asthma all can use its cleansing powers.

**Mag phos** (Magnesia phosphoricum): The mineral responsible for nerve to muscle communication gives us an amazing reliever of leg cramps, muscle cramps, spasms and tensions. Spasming muscles and nerve symptoms as diverse as hiccups, spasmodic coughs, abdominal pain/colic, toothache, teething pain, stabbing headaches and sciatica yield to this cell salt's relaxing influence.

**Natrum mur** (Natrum muriaticum): Too much or too little Sodium chloride salt affects us greatly as it is responsible for proper movement of body fluids. Dryness is a strong clue. Dry membranes cause mucus and discharges to become thick like egg white, as in Nat mur colds or hayfever. It often gets to the source to relieve dry irritated eyes, flakey skin and dry urinary and vaginal surfaces. When old griefs are tucked away only to haunt you when you want to sleep, Nat mur offers balancing support.

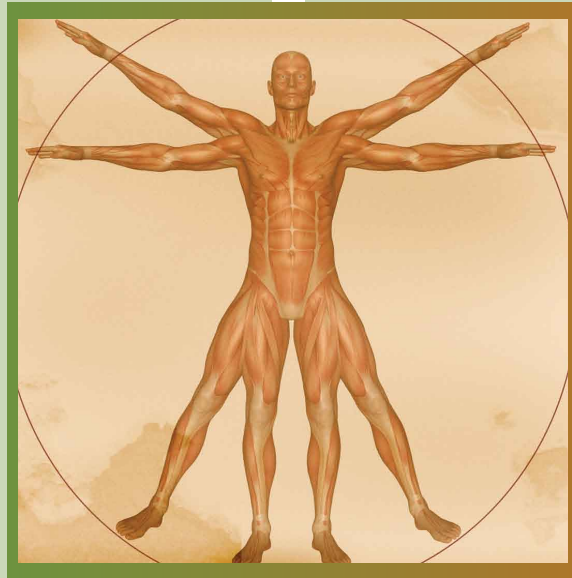
**Natrum phos** (Natrum phosphoricum): Sodium phosphate is the body's tool for neutralizing acids. Thus its remedy has the

power to calm acids stomachs and digestive issues especially with sourness. For muscles it breaks down lactic acids after exercise or trauma to keep them gliding smoothly. For joints, it helps prevent acidic deposits thus easing many joint pain conditions.

**Natrum sulph** (Natrum sulphuricum): Sodium sulphate distributes and eliminates water, a function that greatly affects the liver, digestion and respiratory organs. Its cell salt's cleansing support aids symptoms as diverse as sluggish digestion, heartburn, mature colds, humid asthma and lasting effects of old head injuries. If dampness bothers you, this cell salt could bring extra bonuses.

**Silica** (Silicea): Silicon dioxide gives bodies and plants strength and 'grit'. When weak or overtaxed cleansing systems cause skin and gland congestions, Silica boosts the body's purgative functions. In skin, it helps with acne, splinters, boils, abscesses, ulcers, corns, athlete's foot and toenail fungus. Its purging powers help clear swollen glands and sinus, ear and cold congestions as well as constipation.

*The descriptions above are based on Dr. Schuessler's Biochemic Therapeutics. For more details, we offer a simple guidebook called the Biochemic Handbook, and a website with listings and insightful articles. However deeply you choose to delve, we hope you find the balancing support and vitality you deserve - and please let us know how it works out for you.*





# The Cell Salts

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Description	Body Parts	Function	Symptoms
#1 Calc Fluor Calcarea Fluorica	Bones, elastic tissues, teeth, joints	Gives tissues the quality of elasticity, preserves contractile power of elastic tissue	Cracks in the skin, loss of elasticity, sluggish circulation, loose teeth
#2 Calc Phos Calcarea Phosphoricum	Bones, muscles, nerves, connective tissues, teeth	Aids normal growth and development, restores tone and strength, aids digestion, aids bone and teeth formation	Cracks in the skin, loss of elasticity, sluggish circulation, loose teeth
#3 Calc Sulph Calcarea Sulphurica	Blood, skin	Blood purifier and healer that removes waste products from the blood	Pimples, sore throat, cold
#4 Ferrum Phos Ferrum Phosphoricum	Muscles, nerves, hair, blood vessels	First aid, oxygen carrier, supplementary remedy	Congestion, inflammatory pain, high temperature, quickened pulse
#5 Kali Mur Kali Muriaticum	Muscles, blood, saliva	Treats burns, aids digestions, cleanses and purifies the blood	Sluggish conditions, sore throat, white colored tongue, light colored stools, coughs, colds
#6 Kali Phos Kali Phosphoricum	Muscles, nerves, skin	Nerve nutrient, aids breathing, contributes to a contented disposition, sharpen mental faculties	Nervous headaches, lack of pep, ill humor, skin ailments, occasional sleeplessness, timidity, tantrums
#7 Kali Sulph Kali sulphuricum	Skin, intestine, hair, stomach, tissue cells	Oxygen carrier, antifriction, maintains hair, benefits perspiration and respiration	Boxed in feeling, stomach catarrh, inflammatory conditions, eruptions o the skin and scalp, shifting pains
#8 Mag Phos Magnesia Phosphoricum	Muscles, nerves, bones	Anti-spasmodic, benefits the nervous system, helps ensure rhythmic movement of muscular tissue	Menstrual pains, stomach cramps, flatulence, neuralgia, sciatica, headaches with darting stabs of pain, cramps, muscular twitching
#9 Nat Mur Natrium Muriaticum	Cartilage, mucus cells	Water distributor, aids nutrition and glandular activity, aids cell division and normal growth, aids digestion	Low spirits, headaches with constipation, heartburn, tooth ache, hay fever, craving for salt and salty foods, weak eyes
#10 Nat Phos Natrium Phosphoricum	Nerves, muscles, joints, digestive organs	Acid neutralizer, aids in the assimilation of fats and other nutrients	Stiffness and swelling of the joints, rheumatism, lumbago, golden-yellow coating at root of tongue
#11 Nat Sulph Natrium Sulphuricum	Liver, digestive system	Eliminates excess water, treats rheumatic ailments	Influenza, humid asthma, malaria, liver ailments, brownish green coating of the tongue, bitter taste in mouth
#12 Silica Silicea	Connective tissues, skin	Cleanser and eliminator, initiates the healing process, insulator of the nerves, restores the activity of the skin	Smelly feet and armpits, pus formation, boils, tonsillitis, brittle nails, stomach pains