



The 12 Basic Salts

Developed by Dr. Wilhelm Schuessler, a German physician, this therapy is based on the theory that many health problems are caused by a lack of certain chemicals in the body. Dr. Schuessler also believed that each deficiency had a specific set of symptoms. Based on the homeopathic approach of treatment he began using tiny amounts of 12 different biochemical tissue salts to treat these symptoms. He then began to use combinations of these salts for other symptoms. These combinations are characterized by their imaginative names like combination H etc.



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Calcarea Fluorica

Elastic tissue builder, muscular weakness, impaired circulation.

Elasticity Mineral

The component of cells of bones, tooth enamel, skin fibers, muscle tissue and blood vessels. Signs of deficiency include varicose veins, eczema, piles/hemorrhoids, sluggish circulation, poor enamel of teeth, brittle nails, cracked or cut skin.

Calcarea Phosphorica

General nutrient, ideal tonic, impaired digestion

Nutrition salt and Tonic

Major mineral component of every structure, tissue and fluid in the body except connective tissue. A vital component of the body's nutrition process from digestion, assimilation, cell growth through to energy expenditure. Deficiency signs include poor appetite, digestion and mal-absorption. Slow metabolism; slow healing during and after illness and trauma. Slow retarded circulation i.e.. Chilblains, spasms, pains coldness and numbness of the limbs. All bone diseases.

Calcarea Sulfurica

Blood purifier, minor skin ailments

Cell Healer and Blood Purifier

Mineral constituent of the liver. It helps in the removal of waste products from the blood stream and tissues of the body. Cleanses and purifies. Deficiency signs include acne, pimples, catarrh, gumboils, in extreme pimples can progress to become abscesses and ulcers. Frontal headaches and neuralgia.

Ferrum Phosphoricum

Oxygen carrier, coughs, colds, chills, fever, headaches

First Aid Salt

Constituent of hemoglobin. Vital as the carrier of oxygen to every cell of the body. Ferr. Phos. should always be taken as a supplementary to a more specific treatment, no matter what the symptoms. Necessary in the treatment of all acute illness and trauma. Indicated whenever there is inflammation i.e.. heat, redness, pain or any other signs of infection. High temperature, fever, colds, flu, congestion. Extremely helpful as part of the treatment of anemia



or blood loss of any kind including menstruation.

Kalium Muriaticum

Blood conditioner, coughs, colds, bronchitis, The Children's Remedy

Blood Conditioner

Major constituent of fibrin, which is in every tissue in the body except bone. Deficiency results in thick, white, sticky secretions i.e.. Catarrh, mucous, phlegm. Results in congestion of the body and lymphatic system, which the body has difficulty clearing.

Kalium Phosphoricum

Nerve nutrient, nervous exhaustion

Nerve Nutrient Constituent

of nerve tissue and all body fluids. Important in formation and maintenance of tissue. Vital action in the brain, nerves, muscles and blood cells. Deficiency signs include feeling tired, weak, exhausted and stressed, nervous and edgy. Helpful in insomnia, depression, anxiety, nervous headaches and dyspepsia. All illness related to the brain and nervous system.

Kalium Sulfuricum

Oxygen exchanger, bronchial catarrh, minor skin eruptions with scaling

Skin Salt

Has a special affinity for the cells forming the skin and mucous lining of all bodily organs. Works with Ferr.Phos. to carry oxygen to every cell. Deficiency causes yellow coating to tongue, yellow – green discharge from any tissue or skin surface including skin scaling and crusting.

Magnesia Phosphorica

Nerve stabilizer, darting pains, cramps, neuralgia

Nerve Relaxant & Anti Spasmodic

A major constituent of muscles, nerves, bone, brain, spine, sperm, teeth and blood corpuscles. It combines with albumin and water to form a fluid that nourishes and nurtures the white nerve fibers of the nervous system. Deficiency signs include muscle and nervous tension, sharp headaches, all types of neuralgia, blurred vision, migraine, muscle rigidity, all types of spasming colicky pain.

Natrum Muriaticum

Water distributor, dryness or excessive moisture in any part of the body **Fluid Balancer & Water distributor**

Also known as Sodium Chloride it is the major constituent of every cell in the body whether liquid or solid. It maintains the body's water balance by controlling the movement of water in and out of the cells. Any sign of excessive dryness or moisture in any area of the body is a sign of deficiency of Nat. Mur. For example fluid retention or swelling in parts of the body, skin dryness, constipation, swollen, dry or cracked tongue.

Natrum Phosphoricum

Acid neutralizer, digestive upsets, heartburn, rheumatic pain

Acid Neutraliser

A constituent of blood, muscle, nerve, brain cells and the fluid between cells.

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Nat. Phos. is needed in all complaints related to hyper-acidity. Also regulates bile. Use to treat heartburn, gastric reflux or indigestion, all types of inflammation particularly relating to gout or rheumatism, burning with diarrhea, scolding urine or stinging vaginal discharge.

Natrum Sulfuricum

The liver salt - excess water eliminator, biliousness, influenza

Water Eliminator

Eliminates excessive water from tissues, blood and other body fluids. It also acts as a cleanser and purifier of toxins from the fluid surrounding every cell of the body. Necessary for healthy functioning of the liver and pancreas. Indicated for all ailments of, or affecting the liver eg. biliousness, sandy deposits in urine, brown-green coating of the tongue, bitter taste. Particularly important in treating rheumatic complaints, gout and influenza as it eliminates the associated toxic fluids from the system.

Silica

The Cleanser, impure blood, boils, pus formations

Toxic Eliminator

The major constituent of blood, skin, hair, nails, bones, nerve sheaths and some tissues. Indicated whenever there is pus formation eg. abscesses, styes, boils, gumboils. Also for cyst in any part of the body. Can dissolve scar tissue and accumulations around joints and muscles such as rheumatism. Brittle nails and poor hair condition are also a sign of a deficiency in silica.

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