

HOMEOPATHIC CELL SALTS: FOR PREGNANCY

Schüssler's cell salts (aka tissue salts or biochemic salts). Cell salts are typically one of the first things we grab, especially for acute illnesses in my house and always during pregnancy. We use them to support the body on a cellular level to keep cells working as efficiently as possible by replenishing minerals or eliminating excess minerals that the body may have. I've tried to include as many pregnancy related or newly postpartum symptoms. If you have any questions, always feel free to reach out!

CALCIUM FLUORIDE (CALC FLUOR)

A natural producer of suppleness and elasticity.

FOCUS: Bones, Teeth, Ligaments, Veins, Muscles

Best known for its influence on elasticity- Stretch marks, ligament pain, stiff achy joints, varicose veins, constipation, hemorrhoids, dental health- deficient tooth enamel, growing pains. Hard knots in breast.

CALCIUM PHOSPHATE (CALC PHOS)

The regulator of healthy cellular activity.

FOCUS: Bones, Teeth, Muscles

It plays a major role in the health of the muscular, skeletal, excretory and lymphatic systems.

Generally run-down feeling. helps growth of baby (IUGR),

Failure-to-thrive (FTT), low birth weight, pre-mature babies, skeletal strength, anemia, dental health

Improves the quality of mothers milk for breastfeeding.

Very helpful for those who catch colds easily. Growing pains and headaches. Disorders of the reproductive organs, esp in women. Excellent to take with calcium supplements to enhance absorption of the supplement. *Overwhelmed.

CALCIUM SULPHATE (CALC SULPH)

Healer and purifier of the skin and external tissues.

Focus: Blood, Mucus membranes, Skin (associated with the color yellow)

Holds water but tends to resist acid. Protects stomach walls, eyes, nasal passages, mouth, throat, bladder, and any other organ that needs protections against moisture.

A great healer of wounds and skin damage (Works great with silica). Colds, coughs, sinus congestions, sore throat.

Skin conditions with yellow discharge- boils, open infections, wounds, eruptions pimples, acne and sores.

Cradle cap. Mastitis (after silica).



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FERRUM PHOSPHATE (FERRUM PHOS)

Powerful oxygenator.

FOCUS: Blood

Makes iron available to the cells in minute doses. Anemia. Congestion. Inflammation and inflammatory pain in general.

Regulates immune function. Helps you recover from infectious disease, travel and fatigue. Good for runners and marathon runners- which birth is *often referenced to as a

marathon* Strength of ligaments, decreases burning ligament pain and protects perineal, blood oxygenation, acne, fever. Bleeding hemorrhoids. Low Blood Pressure.

First stage of mastitis. Morning sickness.

POTASSIUM CHLORIDE (KALI MUR)

Subtle-acting, but profound.

FOCUS: Blood, Muscles, Saliva, Mucus membranes (associated with the color white)

Coughs, stuffy head colds (esp with Ferrum Phos). White colored tongue. Swollen glands. Earaches. Ear infections with too much fluid. Vaginal thrush. Sluggish conditions.

Morning sickness- white phlegm. Mastitis.

POTASSIUM PHOSPHATE (KALI PHOS)

Soother of jangled nerves.

FOCUS: Nerves, Brain, Muscles

Emotions of pregnancy- Depression, anxiety, irritability.

Threatened miscarriage in nervous people. Headaches.

Major insomnia- restores healthful sleep patterns. Night terrors and nightmares. Chronic fatigue syndrome from overuse of the brain. Weak memory. Brain fog. Helps nerves recover, relax, and regain strength. Sleeplessness.

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POTASSIUM SULPHATE (KALI SULPH)

Cellular building block.

FOCUS: Mucus Membranes, Skin, Lungs (associated with the color yellow)

Thick yellow mucus or discharge with a cough, cold, or earache. Bronchitis (with acute remedy). Loose cough but mucus is difficult to cough up. Sinusitis. Eruptions of the skin (pimples and blemishes). Dandruff, Psoriasis, Eczema. Hot flashes. Earaches.

MAGNESIUM PHOSPHATE (MAG PHOS)

Anti-spasmodic remedy.

FOCUS: Muscles, Nerves

The pain cell salt. Sharp pains that come and go- including headaches.

Nerve headaches- over the eyes. Anti-spasmodic-cramping anywhere in the body- including Charlie horses, leg cramps, menstrual cramps and uterine cramps. spasmodic labor pains. Pain that is better with heat. Whiplash. Sciatica. Colic. Hiccups. Toothaches- including babies. Nausea/upset stomach. Sleeplessness.

*Can be put in warm water and sipped on within a few minutes. "mug phos".

SODIUM CHLORIDE (NATRUM MUR)

Pre-eminent headache remedy.

FOCUS: Mucus membranes, Skin

Balances fluids- too much or too little. Dry mouth, lips, skin-itchy. Constipation. Water retention. Helps maintain fluid in the body-good levels of amniotic fluid and prevent swollen ankles. General Edema. Dry cough and congestion.

Sore lower backaches that are better if lying on a hard surface- like the floor. Emotional grief- weepiness, baby blues, postpartum depression. Headache, like little hammer pounding, or too much sun exposure (dehydrated). Morning sickness- vomiting frothy, watery phlegm. Hair loss during childbirth or lactation.

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SODIUM PHOSPHATE (NATRUM PHOS)

The Biochemical antacid.

FOCUS: Stomach, Intestines, Joints

Sensitive, disordered digestive tracts. Pregnancy nausea. Pain and acidity from stomach after eating, heartburn, indigestion, gas. Acid rising in throat. Good for coffee drinkers to balance the acidity. Morning sickness. Stiffness and swelling of joints. Muscles soreness caused by lactic acid buildup. Colicky infants who vomit curdled milk after eating. Detoxification. Food allergies. A great kidney remedy- cystitis. Vaginitis. Morning sickness with vomiting of sour masses or fluids.

SODIUM SULPHATE (NATRUM SULPH)

Remedy for asthma.

FOCUS: Head, Liver (associated with the color green)

Pregnancy nausea and indigestion. Edema. Bloating. Water retention. Aids detoxification. Headaches from sunlight. Seasonal depression. Chronic pain. Depression due to chronic pain. Can't handle dampness- Feels every change from dry to wet weather (feels best in warm dry air).

SILICA (SILICA)

Remarkable cellular cleanser.

FOCUS: Bones, Teeth, Glands, Hair, Nails, Skin, Mucus membranes

Important for mineralization. Boils or abscesses that are painful but not discharging yet. Hastens the pus-formation process. Removes foreign objects- splinters. Sweaty hands, feet, or armpits (Note: Be cautious while using in pregnancy. talk with homeopathic practitioner before taking more than a few days). Constipation. Hair and nails are weak and break easily. Building health and strength of bones after a fracture. Pre-mature babies (with Calc. phos). Slowness in development, learning disabilities. Weakness, acute exhaustion. Chronic ear infections. Scars. Dental Abscesses and infections. Breasts are hard and painful. Mastitis. Cracked nipples.

