

HOMEOPATHIC CELL SALTS

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. 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.

For more information- I recommend "A simple guide to using cell salts, Homeopathic Cell Salt Remedies" By Nigey Lennon and Lionel Rolf.

CALCIUM FLUORIDE (CALC FLUOR)

A natural producer of suppleness and elasticity.

FOCUS: Bones, Teeth, Ligaments, Veins, Muscles

Delayed dentition, deficient tooth enamel, growing pains, carpal tunnel syndrome, stiff achy joints, hemorrhoids & varicose veins.

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. Children who are not growing or developing properly. Failure-to-thrive, low birth weight, pre-mature. Improves the quality of mothers milk for breastfeeding. Teeth formation. Very helpful for those who catch colds easily. Growing pains and headaches. Disorders of the reproductive organs, esp in women. Arthritic joints, back and neck pain. Excellent to take with calcium supplements to enhance absorption of the supplement.

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.



EMMA GRANT
Homeopathy

References: Dr. Schuessler's Biochemistry by J. B. Chapman, M.D.
The 12 Tissue Salts or Cell Salt Remedies; Fundamental homeopathic remedies by Peter Brodhead, CN
A Simple Guide to Using Homeopathic Cell Salts by Nigey Lennon

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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. First stage of fever (although it's best to let it run its course), cough or cold. Rapid pulse. Regulates immune function. Nose bleeds. Good for runners and marathon runners.

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. Swimmers ear. Sluggish conditions.

POTASSIUM PHOSPHATE (KALI PHOS)

Soother of jangled nerves.

FOCUS: Nerves, Brain, Muscles

Depression, anxiety, irritability. Headaches. Insomnia-restores healthful sleep patterns. Night terrors and nightmares. Back to school nerves. Chronic fatigue syndrome from overuse of the brain. Weak memory. Helps nerves recover, relax, and regain strength.



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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)

Anit-spasmodic remedy.

FOCUS: Muscles, Nerves

Sharp pains that come and go- including headaches.

Nerve headaches- over the eyes

Cramping anywhere in the body- including Charlie horses, leg cramps and menstrual cramps. Whiplash. Sciatica.

Hiccups. Toothaches- including babies. Nausea/upset stomach. TMJ.

SODIUM CHLORIDE (NATRUM MUR)

Pre-eminent headache remedy.

FOCUS: Mucus membranes, Skin

Dry mouth, and lips. Constipation. Water retention. Dry cough and congestion. Cold sores, blisters or painful mouth ulcers. Sore lower backaches that are better if lying on a hard surface- like the floor. Emotional grief.



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SODIUM PHOSPHATE (NATRUM PHOS)

The Biochemical antacid.

FOCUS: Stomach, Intestines, Joints

Sensitive, disordered digestive tracts. Pain and acidity from stomach after eating, heartburn, indigestion, gas. Acid rising in throat. 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.

SODIUM SULPHATE (NATRUM SULPH)

Remedy for asthma.

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

Digestion beyond the acidity help Nat phos provides Headaches after an injury to the head (after swelling is gone-first Ferrum phos). Headaches from sunlight

Asthma which worsens with dampness. Seasonal depression. Chronic pain.

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. Athlete's foot. 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. Farmers who breathe in dust and matter into the lungs.



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