

The 12 Tissue Salts or Cell Salt Remedies

Fundamental homeopathic remedies

A lecture presented by Peter Brodhead CN

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This lecture is dedicated to Robin Murphy ND, my homeopathic teacher who expanded my understanding of the cell salt remedies.

The “Homeopathic” system of the Cell Salt remedies was developed by Dr. Schuessler a German doctor in the late 1880’s. He analyzed the ash residue of human cells and found 12 inorganic mineral salts. He theorized that these 12 elements are critical to balancing cellular activity and health and made 12 homeopathic remedies in low potency in order to be assimilated rapidly and easily. The remedies have been used by millions of people for over 120 years worldwide. They have proven to be helpful in balancing many conditions in the body. Many of these remedies are the most important in homeopathic practice worldwide. The strong point of using the cell salts is building up the constitutional health of a person over long period of time. They are used to rebuild the organs and tissues. The cell salts are equilibrium remedies; they are used to balance excess and deficiency. They remove excess as well as help with deficiencies. Cell salts work well with herbs and with vitamin and mineral supplements.

The cell salts are also great for people of any age. The two groups of people who benefit the most from using the cell salts are children between the ages of 0 – 3 a period when there is rapid growth in children. In children you can really build them up especially during growth. During growth periods you can use them for extended periods of time giving them daily for 1 to 2 years at a time. The elderly benefit because they are gentle, yet helps to nourish and to balance deficiency. For the elderly and children it is a way of doing homeopathy nutritionally. 6X is = to 1 part per million. 12X is one part per billion. Homeopathy raises the vital force, the cell salts rebuild. Homeopathy has a bigger range of action especially psychologically. The tissue salts have a narrower range but rebuild. In a way the cell salts are the “vitamins & minerals” of homeopathy. When a homeopathic remedy relapses, the cell salts come in and stabilizes it. You can take a Cell Salt remedy for 6 months to a year for supporting a chronic problem.

Dosing: Remedies are taken generally 4 tablets 4X a day but they can be used acutely much more frequently, for example Mag Phos is one of the best remedies for hiccups and can be taken every 5 minutes as needed. You can be very flexible with the doses depending on the circumstances.

The cell salts are broken into 5 groups. The biggest groups of cell salts by far are the calcium group. Calcium cell salts are frequently our true constitutional remedies. Calcium Carbonate i.e. Calc Carb is the biggest single remedy used in homeopathy.

- 1) Calcium group** Calc Flor, Calc Phos, Calc Sulph
- 2) Sodium group** Nat Mur, Nat Phos, Nat Sulph
- 3) Kali group (Potassium group)** Kali Mur, Kali Phos, Kali Sulph,
- 4) Magnesium group** Mag Phos
- 5) Ferrum (Iron)** Ferrum Phos
- 6) Silica** or Silicea

Sodium, Potassium, and Calcium are in 9 of the 12 remedies. Sulphur is in 3 remedies.

An example of the connection between the cell salts and homeopathic remedies is colocynth is a plant that is highest in the mineral magnesium. Its biggest symptom keynote is severe abdominal or pelvic pain. They bend over double and deep pressure feels better. The cell salt Mag Phos is the complementary remedy but they like a hot water bottle placed over the point of pain. These are both used for basically the same health problem but with a variation. Pulsatilla has the same relationship to Kali Sulph, so it has a similar symptom picture so Kali Sulph can be considered the cell salt equivalent of it. You can understand the actions of many plant and mineral remedies in homeopathy when you understand the actions of the cell salts.

1 – Calc Flor (Calcium Floride)

Found in nature in the form of a stone called “Fluorite”. It was used in China to calm down nervous individuals. Contained in tooth enamel, the hardest substance in the human body, also the elastic and connective tissue of the body. The main focus of this remedy is on the teeth, tendons and ligaments, bones, joints and the muscle-skeletal system, producing hard growths, and exostosis. It removes the tendency to adhesions after operations.

Calc Flor shares many of the same symptom qualities of the homeopathic remedy Ruta. It is considered the chronic remedy of Ruta, when Ruta is used acutely Calc Flor finishes the repair work needed for the injured tendon or ligament. It shares the modalities of Rhus Tox in that the affected part is better with movement, massage and heat, worse cold, wet and stillness which aggravates the stiffness of the affected part. A rusty hinge remedy (Rhus Tox). Calc Flor follows Ruta. Calc Carb is deeper than Ruta or Rhus Tox and Calc Flor is even deeper.

Teeth:

Strengthens the tooth enamel so it is helpful for children who get cavities easily, also it is helpful for sensitive teeth, both chronically and acutely, sensitivity after eating pineapple or a lot of citrus or fruits. Teeth that come in rotten, crooked, deformed. You can give it to children between the ages of 1 – 7 the new teeth will come in better and better. This remedy along with calc phos can fix the metabolic problems in children. The remedy is often taken for periods of 3 to 6 months. Excellent for the elderly and young children.

Bones and Joints:

The #1 cell salt remedy for Bone Spurs (Hekla Lava). Calc Flor is the indurated remedy – symptoms of induration are normally soft tissue that has become hardened. Tendons that contract or you get tumors on the tendon. Locked up and hardened tendon, contraction of joints, arthritic nodules on the hands and fingers, it has a very strong affinity for the wrist. It’s a big remedy for Carpal Tunnel Syndrome. Ganglion cysts. Bumps or bony growths. One elbow is bigger than the other is. A major remedy to trauma to the joints. Calc Flor is the chronic remedy for Ruta. Trick knees – The knee gives out (Ruta). Joints slip out of sockets easily – gentle continual pressure with the palm of the hand can pop a joint back in. Injury of the wrist – it’s too loose. Elastic tissue – too much or too little, too much dislocation, too little or too tight.

Tendons and Ligaments:

It’s a good remedy for people who can’t hold adjustments after chiropractic treatment. If Ruta doesn’t work then Calc Flor will aid the problem. Calc Flor strengthens the ligaments and tendons. Ankle problems with tendons and ligament weaknesses.

Back Problems:

Calc Flor has an affinity for the lower back. Disc problems, slipped disc, a herniated disc that keeps re-herniating, degeneration of the vertebrae. Severe back pains – severe sharp burning shooting pains. Injuries to the spine. Curvature of the spine, scoliosis in the elderly person (Silica first). A big remedy for stiffness.

Veins and elastic tissues:

It tonifies the elastic tissues. Hemorrhoids and varicose veins. The tissues get too lax- the face sags. Tendency to bruise easily, it can be used with Sepia. Calc Flor is good for the tendency to ulcer. Silica for the tendency to suppurate. Used for bedsores.

Glandular Problems:

Enlarged tonsils. Glands – Cancer of the glands, breast cancer with a tendency to ulcer.

“Knotty Gland” – knotty lymphatic glands. Hodgkin’s Disease

Uterine Fibroids, lumpy cystic breast, calcification of the glands

Skin:

A good remedy for Carpenters, Massage Therapists, rough hands, callused hands, rough cracked hands.

Calc Flor will soften the tissues.

Bunions, Sores, - Skin, hair, and nails.

Eyes:

Cataracts used at the early stages to help prevent and assist in dissolving them. Corneal ulceration.

Other: Neuromas – nerve tumors, bone cancer –it has been used for the metastasis.

Deafness due to calcium deposits in the ears – if the little bones don’t move (Thios).

Mental Emotional:

Fear of poverty – people who are afraid to lose all their money, they buy a lot of insurance and stash money away in case of a financial recession. They work very hard, are industrious and can withstand a lot of pressure. Quite organized and systematic.

They like to shine, like teeth enamel they want a job with a lot of prestige, where they can “glitter”, present a shiny image to the world. They are afraid of losing their good looks and so go for face-lifts or older men will marry beautiful young wives to show off. They like beautiful cars, clothes, and shoes. They want to shine.

Worse: Change of weather, Dampness, Rest.

2 – Calc Phos (Calcium Phosphate)

It is the nutritional cell salt. The major component of our bones, the matrix of the person is built around calcium. Affects nutrition of the bones and teeth. Calc Phos is an important remedy for growth and development. Calc Carb & Calc Phos are the 2 biggest constitutional remedies in homeopathy (Murphy) Calc Carb's are stocky & Calc Phos is thin. A very good remedy for Children, Infants, Pregnancy & the Elderly. Calc Phos people are friendly and make friends easily, they love to travel, they are active physically as well as mentally and are very sensitive, they are fond of sports.

Teeth and Bones:

6X Calc Phos will regulate Calcium Metabolism. It's an excellent remedy to take with calcium supplements to enhance absorption of the supplement. The essence of the remedy is brittle bones. It is the #1 remedy for Osteoporosis. Rickets – Vit D deficiency – osteomyelitis, osteomyelitis, spinal osteoporosis, dowager's hump, bone curvatures including spinal – Calc Flor, Calc Phos are the top remedies.

Brittle matrix of the bones. Pre-mature aging. Osteogenesis imperfecta. This gives us the essence of the whole remedy – The recreation of the bone isn't happening.

Mal-assimilation – Blood calcium is fine but the person is still showing symptoms of leg cramps and other problems. Bone injuries – trauma comes in. Give Calc Phos-at the end of every broken bone it's used to facilitate healing and non-union of broken bones. Bones become inflamed after radiation treatments. Sacro illeac problems S.I. (Aesculus) hip problems in the elderly. A good remedy to use in those needing hip joint replacement before and after.

Teething problems, Painful teething. Rub Calc Phos tablets into the gums. Teeth pain, calc flor is for the outside enamel, calc phos is for the inside structure of the teeth.

TMJ – numbness and tingling with a cold sensation in the jaw.

Growth and development:

Slow growth and development in children, it is a good growth and development remedy for children in general. Growth problems #1 remedy for Growing Pains and bone pains. Calc Phos is the best remedy to give during growth spurts. A great nutritional tonic, it helps you get more out of your food. You can build people up with this remedy.

Colic & Teething. Calc phos is the top remedy to give to children when they are teething, the child can have all kinds of discomfort and pain with a tooth coming in and the next tooth they don't even feel after using Calc Phos in the interim period. It helps in the ability to assimilate foods easier. Infants with difficulty holding up their head, failure to thrive, low birth weight, pre-mature, not breast-feeding. Give Calc Phos to the mother to improve the quality of milk for breastfeeding. Milk may be an issue with Calc Phos. Children reject breast milk. Then give the mother Calc Phos. When Calc Phos mothers get angry the breast milk tastes sour to the baby. Calc Phos children can be precocious & intellectual. Signs of this –A sour smell about the baby i.e.; Calcarea Carbonica.

They can also crave milk, be allergic to it or reject milk. Natrum Carb is a good remedy for children with a milk allergy.

Failure of the fontanels to close. Stocky Calc Carb. Thin Calc Phos they grow too fast with not enough stability for the tissues. Children have a fever @ 2 years old and since the fever they haven't grown.

Mental Emotional:

Brittle mental and emotionally – they react easily to stress. Irritable, fussy, frustrated, angry, perfectionist. Discontent, Calc Phos patients do not know what they want, a deep dissatisfaction.

Adults can moan and groan and complain, but there is no way to satisfy them. For complaining whining teenagers – they complain all the time. “Hard to please children” Capricious state – dissatisfaction. Calc Phos children can be obstinate, irritable, demanding and sensitive – crabbiness. “Perfectionist” – They tear up paper because it isn't perfect when drawing or doing a homework assignment.

#1 remedy for feeling OVERWHELMED

Vexed easily, frustrated easily. Chronic remedy for Ignatia – A person really frustrated, hypersensitive to smoke. Sighing (Ignatia) as if there isn't enough oxygen and the person is compelled to take a deep breath that isn't satisfying.

A good grief remedy that can follow Nat Mur or Phosphoric acid.

They have lost weight – because of grief.

The stress cell salt. – Not enough sleep. Kali Phos is the mental stress cell salt.

Chronic Problems:

The underlying miasm for this remedy is TB; It is used when there is a tendency for colds and sore throats, a good sore throat remedy after using Calc Phos the tendency for them goes away, it's good for the tendency to get colds.

Fatigue – sluggishness of the whole system.

The chronic remedy for Chamomile, earaches, teething, colic. Tonsillitis a good sore throat remedy

Other:

They can have white spots on the nails, and sweaty palms.

Craves bacon and smoked meat such as salami – a calc phos keynote. Craves cigarettes – helps get rid of the craving for tobacco

A very good remedy for menopause.

Calc Phos – feels as if the legs are cold from the knees to the feet.

They can be intolerant of cold wet weather i.e. in northern climates when the snowmelts they feel stiff all over.

Dosage: 4 tablets under the tongue 3 – 4 X a day between meals. Use for 3 to 6 months.

3 – Calc Sulph (Calcium Sulphate)

This remedy is a mixture of the components Calc Carb & Sulphur. Calcium – earth, Sulphur ,heat & brimstone - Earth & Fire

Commonly known as gypsum or plaster of paris, this is often the least used tissue salt. The Sulphur is in the skin, hair, and nails. Calc Carb is for the bones.

Known for skin diseases especially with pus, abscess, boils, carbuncles (many boils) or furuncle (a single boil), it helps the body with re-absorption of deeper boils.

Acne remedy, recurring – boils with a tendency to suppuration with yellow pus. Kali Bromatum is the #1 remedy for acne. Calc Sulph is the 2nd remedy for acne.

Skin that is unhealthy, cuts and wounds that won't heal.

Cradle Cap in children, dry eczema especially in infants.

Stocky overweight persons with psoriasis.

< (worse) heat

< Bathing

< Burning with excema.

Yellow thick pus, (Thuja also has this) every injury leaves a scar. Pus under the scab – you pick it and find pus

Cracked Hands - #1 remedy is Graphites especially behind the ears.

Cracks in the feet in cold weather.

Tendencies to fungal infections like tinea. One of the main remedies used for the ringworm miasm it is often indicated for this condition.

Vaginitis – thick yellow discharge that can be burning or excoriating.

Urethra discharges that are yellow and thick.

Mucous discharges that are yellow, thick and lumpy. Nose – acrid thick yellow discharge

Eyes: Conjunctivitis with discharge of thick yellow matter.

Ears – an abscess inside of the ear. Boils in the ears (Calcarea Picrata painful boils in the ears)

Gum Boils

Diarrhea can have the smell of rotten eggs (sulfur like)

4 – Ferrum Phos (Ferrum Phosphoricum)

Ferrum Met. (iron) + Phosphorus (phosphoric acid)

Our 1st Aid Cell Salt. All acutes and first aid. It is the rescue remedy of the cell salts
1st stage of all acute diseases & it's great for the end stage of disease, convalescent.

A good 1st aid and trauma remedy, a sprained ankle with no swelling and no modalities. Torn ligaments.

Inflammation:

The cardinal signs for inflammation are 1) Heat, 2) Redness, 3) Swelling, and 4) Pain. Ferrum Phos is useful in inflammation of all tissues of the body except bone. It's the best of the 12 cell salt remedies for inflammation, especially in anemic persons.

#1 remedy for non-descriptor sore throat. The person feels a little weak, heavy – headache with a scratchy sore throat. All kinds of sore throats especially inflammatory, red throat, burny feeling without a bad breath. Fevers of unknown origin. Low to midrange fevers. Fevers with weakness and exhaustion. They feel tired and feverish and they don't know what's wrong.

Early stages of Pneumonia

Conjunctivitis, when all you have is redness, pain in the eye and no other symptoms.

Earaches, non-specific inflammation of the eardrum, the doctor sees it but the child doesn't notice anything.

Lack of symptoms in childhood diseases, chicken pox, mild fevers, and flu's.

Blood:

Biggest remedy in homeopathy for ANEMIA, good for low hemoglobin in pregnancy.

Helps people recover from infectious disease, travel, fatigue. Everything's fine but they are tired, loss of vitality – think of Ferrum Phos.

“Bone marrow transplants” Anemia after radiation, surgery, drug overdose

(Natum Arsenicosm #1 remedy for leukemia. Arsenicum Album for children with leukemia)

People coming out of the hospital

Anemia from loss of blood. NBWS (never been well since) blood loss.

Non-specific hemorrhage, nose bleeding remedy #1 Phosphorus, #2 Ferrum Phos.

Bleeding from fibroids, uterine hemorrhage with bright red blood, and a heavy “flooding” period.

Hematachlorosis – too many red blood cells

Capillary fragility – bruise easily

Bleeding hemorrhoids

Blood in the urine with no symptoms.

Low blood pressure – poor circulation.

False Plethora, famous blush remedy – false blush, they look healthy but they aren't.

Ferrum Metallicum is very close as a remedy, it looks like pulsatilla but there is anemia.

Increasing oxygenation a good remedy for runners and marathon runners.

A comment from a race horse owner during one of Robin Murphy's lectures “Ferrum Phos is one of the best lung remedies and oxygen builders – every race horse that used it improved in performance and reduced damage to the lungs”

5 – Kali Mur (Potassium Muriaticum)

Potassium Chloride – works with intercellular fluids.

Color, White, Clear

White mucous – congestion (kali bich) has an affinity for mucous

Kali Mur & Ferrum Phos the top 2 tissue salts for colds.

Kali Mur for the runny nose. Sinusitis, the mucous looks like uncooked or slightly soft-boiled egg white, mucous clear to white but not sticky. Mucous can get thick white later on.

Ears: Ear infections with too much fluid, pressure in the ear. Use after an ear infection, for people who can't hear well after an ear infection.

Ear canal clogged. Blocked Eustachian tubes – hearing, deafness. Helps prevent children from getting tubes in the ears.

Swimmer's ear. (Merc dulcis) then Kali Mur

A preventative for people flying in a plane to prevent the ear drums from clogging up and sensitivity to pressure. The feeling that the ears won't pop.

Vaginitis – White thick or clear – like eggwhite, milky discharge

White flaky dandruff

6 – Kali Phos (Potassium Phosphoricum)

#1 Cell Salt for Weak Memory – Nerve & Brain tonic

A great remedy for condition's arising from want of nerve power

The person is nervous, restless, sensitive, easily frightened or startled, weak and easily exhausted.

Neurasthenia – Nerve exhaustion.

Kali Phos sharpens the memory. Weak memory & overuse of the brain. Great stress buster for students, exams, and accountants' i.e. mental occupations.

Brain fatigue – brain fag, prostration of mind. Combines well with ginkgo, gotu kola & lecithin (the phosphorus from lecithin is what's used to make Kali Phos)

Exam Funk, performance anxiety. (Picric Acid 30C for exam funk)

Mentally stressed and worn out from taking on too much.

Drug addiction, DT's

Senility, Alzheimer's (Anacardium for complete loss of memory also Alumina)

Early stages of MS it may help stabilize nerve sheaths

Depression without a cause (any remedy without a cause use tissue salts)(Natrum Carb – depressed about the state of the world)

Indisposed to meet people or talk with them, depressed and gloomy.

St John's Wort & Kali Phos complimentary herbs go well with cell salts Kava with Kali Phos

Chronic Fatigue syndrome from overuse of the brain.

A major insomnia remedy. Sleepless from worry, business troubles. Insomnia especially for people who work irregular hours.

Yawning, Hyperventilation

Nightmares in children (wakes up screaming). Talks in sleep

Kali Phos is a convalescent remedy after stroke (arnica is very good if used immediately after a stroke)

Worse worry, mental fatigue.

Careworn look on the face.

“Homeopathic Valium” taken to gently calm a person down who is nervous or stressed. A good tonic for the high strung nervous type of person.

7 – Kali Sulph (Potassium Sulphate)

Effects Lungs & Skin primarily. Affects respiratory mucous membranes and skin where it causes desquamation. It's like Calc Sulph – but with thick yellow mucous from the lungs.

1st remedy to think of when coughing up globs of yellow mucous. Yellow discharges

A good residual remedy for children with bronchitis.

Sinusitis with thick bland yellow mucous.

Scaling – The skin dries off and falls off. Excema, the skin peels off; sometimes with a thick yellow discharge. There can be much itching which is worse at night.

Burning of the skin, Kali Sulph people are very warm to hot, physically.
 Famous Dandruff Remedy, yellow dandruff, moist sticky.
 Ringworm & Ringworm of the scalp
 Leucorrhoea – White discharge (Vaginitis)
 Yellow Stools, Yellow Diarrhea, Yellow coating on the tongue Yellow slimy tongue.

Kali Sulph – mimics Pulsatilla they are very close, when you burn Pulsatilla the ash is very high in Potassium Sulphate this is why they are so similar. Kali Sulph is often the chronic remedy of Puls.

<u>Kali Sulph</u>	<u>Pulsatilla</u>
Acrid Yellow mucous	Bland yellow mucous
Crave fresh air	Crave fresh air
Wandering pains	Wandering pains
Changeable moods	Changeable moods
Thirstless	Thirstless
< (worse) Heat	<Heat
< Sunset	<Sunset
> (better) Slow Motion	> Slow Motion

Rattling in the Lungs (Ant Tart is white & thick and rattling) Kali Sulph is yellow
 Asthma –

Several other asthma remedies: according to the time of the asthma attack

Arsenicum	11PM – 1AM
Kali Arsenicum	1:30 – 2:30AM
Kali Carb	2AM – 4AM (arthritis, apnea, asthma)
Kali Sulph	3 AM – 5AM
Nat Sulph	4-5AM – 6AM

Shortness of breath

Polyps in the ears (Thuja #1) Kali Sulph #2

Earaches – if Pulsatilla doesn't work use Kali Sulph, yellow discharge coming out of the ear. (Kali Mur a white discharge or clear discharge out of the ear)

Timid shy people

Feels better missing a meal

Hot Flashes (Kali Carb is a big women's remedy a lot of people who give Sepia should be given Kali Carb)

NBWS (never been well since) Poison Ivy, Oak

Stiff Joints – the hands and feet swell easily

Complaint of tiredness – Aversion to work, going through the day is a burden.

8 – Mag Phos (Magnesium Phosphate)

The PAIN Cell Salt – When pain comes up use Mag Phos for the nerve pain.

The Anti-Spasmodic – Cramps & Spasms

Anti-Spasmodic – Charlie Horses, Leg Cramps, Leg Cramps in long distance runners.

Cramps at night especially when sleeping, wakes up with leg and foot cramps. - Mag Phos acute. (Calc Carb 6c to follow as their constitutional remedy – if they have chronic leg cramps long term it's Calc Carb)

Sharp Shooting pains that radiate from the sight of the cramp. (When Hypericum fails use Mag Phos)

All kinds of injuries that cause sharp shooting pains.

>BETTER HEAT the strongest modality for it. Desire to put a hot, hot water bottle on it. They want HOT, HOT HOT to relieve the cramps.

Back injuries “ Pulled Back”

Whiplash remedy – The neck cramps up (Bryonia, Rhus Tox, Hypericum main whiplash remedies)

#1 remedy – Ticks & Twitches of the Face. Trigeminal Neuralgia (Spigelia, Agaricus)

TMJ problems

Menstrual Cramps – 30X Mag Phos – Every time she got cramps she used 30X Mag Phos. (Sepia 6C 3X a day – Period starts take Mag Phos 30X for a few days then follow with Sepia)

Spasmodic Labor Pains that are painful.

Sciatic Nerve (Kali Iodum is also good for Sciatica)

➤ Better Massage

➤ Pressure

➤ Heat

Right Sided

Spasmodic Coughing – Whooping Cough

Hicoughs – Spasm of the Diaphragm

Colic in babies

Toothaches > Hot drinks or heating pad on it (Chamomile is good for toothaches (homeopathic))

Severe pain in decayed teeth

Shooting, Shifting Pains

Painful hand pains: Writer's cramp, Piano Player's cramp, Computer Workers,

Carpenter's – Nerve pain from using hands too much. Painter's from holding the brush

Acute Carpal Tunnel Syndrome. Calc Flor is the chronic remedy.

Telephone workers from holding the neck crooked. Cramp in the neck with brachial neuralgia.

Nerve Headaches – headaches over the eyes (pain over the eyebrow in the indentation it's actually a neuralgia)

Stomach cramps, Colitis, Irritable Bowel, intestinal spasms.

Parkinson's disease.

Swimmer's Ear – Painful (Kali Mur for the blockage) nerve pain.

Mag Phos can be put in warm water and sipped (no where else in homeopathy can this be found)

9 – Nat Mur (Natrum Muriaticum) Sodium Chloride

“Salt of the Earth” The biggest thing in the world is the ocean – Salt water's main constituent is Sodium Chloride. Helps balance fluids moving in and out of cells. Sodium and chloride ions are very important ions in extracellular fluid. Nat Mur is useful in a wide variety of symptoms with opposite modalities.

Nat Mur is one of the major remedies in homeopathic medicine

It is considered a **major grief remedy** on the emotional level.

On the physical level Nat Mur helps keep the balance of fluids working correctly. Proper moisture balance.

Emotionally: It is the remedy for people who have suffered and want to help others. Everyone goes to them for help. Inside they are vulnerable and sensitive. They have learned from grief and suffering so they can help others. Like salt being rubbed in a wound. In Nat Mur the wound is emotional – a wounded heart. They like to dwell on their misery. Just when they get better they hear a song and go right back to their grief. People who dwell on the past. Uncle Joe hasn't talked to his brother in 20 yrs. Aunt Sue – never re-married after 20 yrs. Lots wife from the Bible – she wasn't supposed to look back, but she did and turned into a pillar of salt. They build a wall around them. They don't want to show their grief. They go to the bedroom and close the door so no one will see them cry. They don't like to be consoled. A lot of fears of rejection. My grandmother can't sleep since her husband died.

All songs about lost love on the radio are Nat Mur.

Introverted – They love their books- Quiet type. They can have depression, dwelling on the past. Death of a loved one.

Nat Mur people take everything with a grain of salt. They need to analyze, they don't trust immediately Children who refuse to walk (emotional). Grief in children of divorced parents. They cry in bed by themselves, never crying in front of anyone.

THE GRIEF HITS AND THE SALT METABOLISM GOES OFF

Physically:

They crave salt. Too much salt, Skin dries out, also greasy skin.

Increased Thirst. They are very thirsty.

The lip cracks down the middle especially in the wintertime.

Dryness, constipation

Hives, itching and burning after exertion.

Or you find Nat Mur's with the exact opposite who can't take salt at all.

Fluid Balance – Too much – Too little fluid in the balance. The fluids are off, chronic fluid retention.

Nat Mur/Nat Phos work on the kidneys

People who need diuretics, swelling of the hands and feet, they can gain a few pounds of water weight.

Water retention before menstrual cycle

High Blood Pressure – Salt sensitive pressure problems

They are sensitive to the Sun. "Allergic to the Sun". They tend to wear sunglasses. They appear to be very strong but the eyes are very sensitive, tears swell but don't spill.

Colds begin with sneezing, discharge like raw egg white.

Hayfever remedy with thin clear discharge and sneezing. They can walk outside, look at the sun and start sneezing.

Headaches – Like little hammer pounding away at the top of the head, blinding headache, pain so severe that they temporarily lose their vision. Headaches from exposure to the sun. Headaches in school girls.

You see a lot of Calc Phos and Nat Mur in teenagers.

Emaciation about the neck. (Nancy Reagan as an example)

Inability to pass urine or stool in front of others

Back pain and low back pain, better lying on something hard or pressing against the fist or any object such as a book.

M.S. responds well to Nat Mur.

Nat-Mur people always feel worse by the sea, but sometimes better at the seaside will indicate it.

#1 remedy for Cold Sores, Genital Herpes, especially when they come out after an emotional upset its as if the emotions stir up the skin eruptions and they come out.

10- Nat Phos (Sodium Phosphate)

Acid Balance – Excessive acid, Acidity:

Nat Phos people are very sensitive to acid foods. "I can't eat oranges – it makes me acid"

Mouth sores or aggravation from eating acid foods.

Helps people on high protein diets, diets high in uric acid such as the "Atkin's Diet".

Good for coffee drinkers to balance the acidity of the coffee.

Gout - from too much uric acid.

Detoxification and Fasting:

A great tissue salt to use for detoxification. An acid / alkaline balancer. Nat Phos taken with Kali Phos are good for fasting and detoxification Kali Phos calms you down and Nat Phos helps you eliminate toxins.

Alkaline is life giving- High acid; acid foods, grains and proteins are acid forming.

Hangover – Nat Phos (with Nux Vomica)

Urinary and Female:

A great kidney remedy – Kidney's are a fluid balancing organ.

Cystitis – Bladder infections especially from eating acidic foods or beverages, alcohol induced bladder infections from drinking alcoholic beverages.

The herbs goldenseal and uva ursi work better in an alkaline environment to fight infection – take Nat Phos with them to increase their effectiveness.

Vaginitis from too much yeast or acid foods in the diet. The mucosa in the vagina gets too acid.

Children and Parasites:

Worms – a good remedy for children & babies and animals for worms. (Cina is the #1 remedy) 30X given frequently for a few days. Aggravated by the full moon- the worms are hatching

Grinding of the teeth, picking of the nose. (Aurum Triph excessive picking of the nose)

Biting of fingernails Nat Mur (emotional) Nat Phos – worms.

Tantrums – it could be worms or acid condition of the blood or kidneys

Food and Digestion:

Big appetite with little gain of weight – Nat Phos & Cina

Food Allergies – serious food allergies Nat Phos can help the body deal with them.

Dysentery & Diarrhea NBWS (never have been well since).

Yellow coating at the back of the tongue. Sour smell coming of the baby or a person has a sour smell coming off their body.

Blisters on the tip of the tongue, with stinging in the evening.

Blood Sugar:

A good remedy for Diabetes #1 Cell salt for Diabetes (Phosphorus is the main homeopathic remedy) It may help lower the dose needed by 5 to 10 units of insulin.

Big Thirst, Big Urination.

Sensitive to sugar and sweets. Low blood sugar & hypoglycemic problems

Skin:

Hives, especially of the ankles.

Loss of fluids – since bleeding, hemorrhaging, dehydration also see (Nat Mur)

11 – Nat Sulph (Sodium Sulphate) glauber's salt

Liver:

The cell salt for the liver – it is not limited to it.

Heaviness, irritable, depressed –

Toxic Liver, liver problems.

Acute and chronic Hepatitis, bile flow problems in the liver and gallbladder.

NBWS (Never been well since) Hepatitis.

Diarrhea in the morning after getting up.

Yellow coating on the tongue.

Man with chronic discharge from the urethra – yellow, green thick – Nat Sulph NBWS Gonorrhea

Asthma:

Lungs – A big asthma remedy worse dampness.

Asthma in children. < early 5 – 6 A.M., coughs out yellow mucous.

Yellow green sinusitis. Must hold chest when coughing.

Dampness:

Nat Sulph – They can't stand the dampness. * Super Keynote! Feels every change from dry to wet weather. Always feels best in warm dry air.

Nat Sulph cannot live near water, can't live on a lake, stream or ocean. (Meddhorinum – they want to live on the beach)

A great remedy for hot, humid weather. The ideal remedy for summers in Savannah.

Oppressed by the Heat & Humidity it protects people during the July, August “Dog Days” of summer.

Arthritis < (worse) dampness

< 4 to 5 AM especially asthma attacks or diarrheas

Inflammation around the root of the nails.

Worse from Sun:

A gigantic remedy for headaches, much worse from the sun. Photophobia – Headaches from sunlight (#1 remedy is Natrum Carbonicum) Sun headaches after head injury.

Back:

Stiffness of the spine, deep spinal ache's < warm weather, especially thoracic and upper spine, the closer to the head the more Nat Sulph is indicated. Mental and personality changes since spinal trauma.

Warts on the genitalia or perianal region (thuja). Warts on the hands, plantar's warts.

Head Injuries:

*HEAD INJURIES – NBWS (never been well since)

.Total personality change after a mild or severe concussion.

Epilepsy 20 – 40% of epilepsy cases happened after a head injury.

Asthma after head injury.

Blindness from head injury.

Depression:

In chronic pain cases, they lose their confidence and they go into chronic depression. Chronic pain think of Nat Sulph and (Aurum).

They can get overwhelming impulse to kill themselves “hide the gun so I won’t kill myself” There is a constant struggle between responsibilities to others. They have the tendency to feel so over burdened. Life is a struggle, heavy responsibilities; they take on all responsibilities of everyone around them. Satiated with life – Life is a burden.

Even mild mental emotional symptoms of the above Nat Sulph.

Nat Sulph is similar to arnica.

12 – Silica Sand

Affects Keratin, Fibrous tissues in the body – Silica firms up everything

Silica is an important remedy for mineralization. It helps get minerals working again in the body.

Stamina:

Weakness, worse exertion, weak & fragile “ I need more stamina”

Lack of heat, they tend to get cold easily

Use after surgery to help get strength back

#1 cell salt for pre-mature babies Silica & Calc Phos

Slowness in development, weariness, learning disabilities

Big head, frail body, delicate skin. People can be thin

Acute exhaustion to get the stamina back

Short energy expenditure range – Adults have 1 or 2 hours in the AM then they are exhausted.

Silica is a great energy manager; persons needing it delegate their energy. People who manage their energy and time, because of their concerns about running out of energy.

Children:

Silica children are very picky; when eating if 1 food touches another one they won’t eat it.

“Aristocratic child – refined” Frail asthmatic child.

Chronic ear infections in children.

Infants unable to tolerate even mother’s milk and will frequently vomit the milk.

Infection of tear duct or blocked tear duct of newborns.

Major remedy for bad effects of vaccinations in newborns. Children after being vaccinated seem weaker, they get respiratory problems, colds and flu’s they lose their “umph”. They tire easily, growth rates slow down.

Silica also helps dogs and cats from problems with vaccinations.

Confidence:

Lack of self-confidence, they have no self-confidence because of their capabilities. No confidence in their ability to do the work, all week they are worried about putting out the effort to get it done. Professionals who develop an aversion to their work – they feel incapable of performing their duties anymore.

They don’t lack courage they lack the energy to do it.

Silica’s have a fear of math, delusion that they are going to fail. Fear of public speaking.

Bashful stool – stool comes out and goes back in. Anal fissures

Skin:

#1 remedy for removing foreign objects from the body. Glass, wood splinters – it will bring out the old splinter.

Brings boils to a head, or helps the body reabsorb them.

Dental abscesses and infections of the gums.

Silica lacks grit – in the bones, mind, skin, spine

The skin is weak – every cut scars, also boils, abscesses form easily

One of the best remedies for keloid scars, silica develops fibromas, breasts cysts, swollen glands, warts which are usually hard.

Acne with a lot of pus, leaving pock marks.

#1 Cell salt for nails that break easily. Cracking nails, brittle nails, toenail problems with fungus, ingrown toenails, nails with white spots on them. Bunions.

Strengthens the hair, skin, and nails

Sweat:

SWEATING – Big keynote!

Horrible foot sweat, foot odor, sweat eats through socks, silica people sometimes wash their feet 3X a day.

Sweating under the armpits – The worst thing you can do is put on foot powder to suppress the sweat.

Anytime you suppress sweat in a silica person it makes them worse.

Perspiration stains yellow.

Head sweats (Calc Carb), they tend to perspire profusely especially on the back of the neck and on the feet.

On perspiring if the silica person is exposed to a draft which evaporates the sweat – he may develop a headache.

Offensive sharp acrid discharge (vaginitis)

Headaches:

School headache's – headaches from overworking the mind

The whole back of the head pounds & goes over the forehead.

Back and skeletal:

Scoliosis – weak spine, the back goes out of adjustment easily. Curvatures of the spine.

Weakness of the back.

Lungs:

Miner's asthma – who breathe stuff in, silica helps clean out dust and matter from the lungs

Altitude sickness – think silica with anyone with shortness of breath

Fear of shots, of getting blood taken. Obsessed with needles.

Silica elderly people – they are so detailed they can't get out of the house. Over-concerned with details.

Silica people are affected by the moon more than others.

The human being has a constitution. This constitution is who we are – whom we were born as. Our constitution is affected by the health of our parents at the moment of conception - our genetics, the pregnancy, conception time, the health of our parents and our grandparents. As things happen to us in life this effects our constitution. The fundamental remedy we need is based on the day to day stresses we have faced and dealt with. 80% of classical homeopathy is used in treating that layer. After clearing the fundamental layers we get back to our core constitutional remedy. Often the cell salts contain elements of our core constitutional remedy.

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