

# The Twelve Biochemic Cell Salts

## #1 CALCAREA FLUORATA (Calc flour.)

(Fluoride of Lime)

**BODY PARTS AFFECTED** Bones, periosteum (covering of the bones), elastic fiber of muscle and connective tissues, veins, arteries, tooth enamel and joints.

**FUNCTION** Maintains the elasticity and contractive power of muscles, arteries, and veins. Vital to the ability of the periosteum to cling to the bones. Helps maintain connective tissue integrity.

**DEFICIENCY SYMPTOMS** Cracks in the skin, loss of elasticity in muscles and tissues, relaxed condition of veins and arteries (leading to hemorrhoids, varicose veins and aneurysm), sluggish circulation, loose teeth, spinal injuries, hard lymph nodes in the neck, ganglion cysts, bones spurs, fibrocystic breast disease, cracks and fissures in the hands, depression, ringing in the ears and conjunctivitis.

**MENTAL DEFICIENCY SYMPTOMS** Great depression, indecision and fears about money.

**COMMENTS** Nat phos is always needed in order to absorb Calc flour. Kali mur is also recommended to be taken along with, or just before, Nat phos.

**FOOD SOURCES** alfalfa, kelp, eggs, whole grains, raw green vegetables, beets, fish, apples, mushrooms, apples

**PRECURSORS/FOLLOW-UPS** Kali mur, Nat phos, Calc sulph → **Calc flour** → Kali sulph

## #2 CALCAREA PHOSPHORICA (Calc phos.)

(Phosphate of Lime)

**BODY PARTS AFFECTED** Bones, muscles, nerves., brain, connective tissues and teeth.

**FUNCTION** Aids normal growth and development. Restores tone and strength. Necessary for injury repair. Aids digestion. Aids bone and teeth formation. Essential for recovery from and prevention of anemia

**DEFICIENCY SYMPTOMS** Anemia, low blood volume, tendency to bruise easily, blood coagulation problems, imperfect circulation, bone weakness, poor assimilation of nutrients, shriveled, wrinkled, or pasty looking skin, chronic sore throat., enlarged tonsils, inability of the body to maintain warmth particularly in the tip of the nose, the hands, and the ears. General feeling of chilliness.

Pregnant women often suffer from a lack of calcium and, to a lesser degree, phosphorus. This contributes to the mysterious cravings of pregnancy. A craving for pickles and ice cream makes perfect sense since the vinegar in pickles aids in the assimilation of the calcium in the ice cream and fills the craving for cold food and drink at the same time. Calc phos deficiency sometimes manifests as pica, a craving for indigestibles.

**MENTAL DEFICIENCY SYMPTOMS** Impaired memory inability to concentrate and increased anxiety.

**COMMENTS** Symptoms are worse at night when calcium receptor sites open. Deficiency creates cravings for the salt found in ham and bacon and for ice cold drinks or ice. Calcium, given at the beginning of labor, is a good idea, especially for night labors. Nat mur and Nat phos are often needed for optimum absorption of Calc phos. Protein, magnesium, sodium (from sea salt), and potassium are also required.

In the past, it was recommended that pregnant woman avoid salt. I suppose this *might* be advisable if the salt you use was processed to death and man-made nutrients added back in. The exact opposite is true with a good sea salt. In fact, sea salt added to the diet helps prevent both toxemia and anemia!

**FOOD SOURCES** Vegetables, herbs, almonds, cucumbers, oats, soybeans, white beans, dandelion greens, cherries, spinach, squash, pumpkins, and dairy products.

**PRECURSORS/FOLLOW-UPS** Nat mur, Nat phos, Kali phos, Kali mur, Silica → **Calc phos** → Nat sulph

## #3 CALCAREA SULPHURICUM (Calc sulph.)

(Sulphate of Lime)

**BODY PARTS AFFECTED** Blood, skin, gallbladder, liver and spleen

**FUNCTION** Blood purifier and healer that removes waste products from the blood. Aids in the production of bile and is particularly helpful in the proper digestion of fats.

**DEFICIENCY SYMPTOMS** Pimples, sore throat, cold, all conditions arising from impurities in the blood, abscesses of any sort anywhere in the body, pneumonia, croup and acne.

**MENTAL DEFICIENCY SYMPTOMS** Changeable mood, sudden loss of memory or consciousness, being absent-minded, increased irritability, discontented, full of fears, anxiousness that is better for being outside.

**COMMENTS** Calc sulph should be given whenever there is a wound or a sore with potential for infection. This remedy is excellent for boils and for infected areas of the skin that just won't seem to heal. Silica hastens the expulsion of infection and foreign materials while Calc sulph encourages the closing of the wound and the processing of the infection through the eliminative organs of the body.

It is usually advisable to administer both Calc sulph and Kali mur should a Calc sulph deficiency occur.

**FOOD SOURCES** Oats, almonds, cucumbers, lentils, peanuts, soybeans, cauliflower, onions, garlic, radishes, asparagus, celery, parsley, and green leafy vegetables.

**PRECURSORS/FOLLOW-UPS** Nat phos, → Calc sulph complete Kali mur

## #4 FERRUM PHOSPHORICUM (Ferrum phos.)

(Phosphate of Iron)

**BODY PARTS AFFECTED** Red blood cells, muscles, nerves, hair, eyes— retina, irritation and inflammation., blood vessels and arteries.

**FUNCTION** First-aid, oxygen carrier, supplementary remedy.

**DEFICIENCY SYMPTOMS** Anemia with accompanying symptoms of fatigue and the need for abnormal amounts of sleep. Dizziness, rapid heart beat, shortness of breath and headache with slight amounts of exertion, difficulty concentrating, leg cramps, insomnia, craving for unusual foods and cracks at the corners of the mouth.

Lack of red blood corpuscles. Nose bleeds, inflammatory pain, high fever, quickened pulse, conjunctivitis., varicose veins, constipation as intestinal walls become too relaxed.

**MENTAL DEFICIENCY SYMPTOMS** Indifference to the details of daily life, loss of hope and courage, small things seem like huge difficulties and create extreme annoyance, delirium, maniacal mood swings, dizziness as a consequence of anger, inability to find the right word.

**COMMENTS** Redness in the face or ears, with or without a fever, is an indication of iron deficiency. Sufficient iron in the blood is necessary to keep a beneficial fever from burning too hot and a high fever burns up iron in the blood very rapidly, making matters worse still. It is essential during periods of prolonged fever that iron levels remain up. Since vitamin C is required for the utilization of iron from food sources, the folk remedies which include rose hips and other high vitamin C herbs are very much based on scientific principles. The giving of Ferrum phos cell salts at the beginning of a fever is advised.

**FOOD SOURCES** Green leafy vegetables, green vegetables in general (good sources of the calcium and Vitamin C that is necessary for the absorption of iron), onions, grapes, apricots, nuts, rice, and other whole grains, sesame and other oil seeds, tomatoes, oats, red and blue berries, blackstrap molasses, brewer's yeast, eggs, and meat sources including liver.

The bio-availability of iron from plant sources is lower than that from meat sources due to the presence of phytates and oxalates in some raw vegetables. Phytates and oxalates can interfere with iron absorption. Steaming the vegetables eliminates, to a great extent, the presence of oxalic acid and the addition of even a small amount of meat to the diet increases the absorbability of the iron from plant sources. The reverse is also true; the calcium present in vegetables and herbs is necessary for the absorption of iron from animal sources. It should be noted, however, that vegetables are the most important sources of iron in the diets of the majority of people in India. There is, even in the poorest of areas, the addition of small amounts of meat.

**PRECURSORS/FOLLOW-UPS** Kali mur → **Ferrum phos** → Kali sulph

Other possible companion cell salts when needing to uptake iron by using Ferrum phos include Calc phos, Nat phos, and Nat mur.

## **#5 KALI MURIATICUM (Kali mur.)**

*(Chloride of Potash)*

**BODY PARTS AFFECTED** Muscles, blood, saliva.

**FUNCTION** Aids in the treatment of burns, aids digestion by increasing bile which is needed to process fats and fat soluble vitamins. Cleanses and purifies the blood.

**DEFICIENCY SYMPTOMS** Sluggish conditions, atarrhs and mucus discharges that are white in color, sore throat, torpidity of the liver, gall bladder problems, white colored tongue, light colored stools, cough, colds, anemia, restless sleep, ingrown toenail (supplement Silica also here) and seizures.

Kali mur deficiency promotes the swelling of tissues throughout the body. Examples include: Swollen ankles, enlarged ovaries, swollen arthritic joints, enlarged lymph nodes, inflammation in eustachian tubes and nose, increased swelling after sprains and fibromyalgia (also a magnesium deficiency).

**MENTAL DEFICIENCY SYMPTOMS** Great sadness alternating with cheerfulness, irritable and angry at trifles, often sits in silence, and intense fear of evil.

**COMMENTS** Has been shown to reduce obstructions in the heart, liver, gall bladder, kidneys, and bladder. Aids in the removal of heavy metals from the body. Kali mur is necessary for the utilization of fatty acids. Fatty acids are vital to the absorption of minerals and the functioning of basic body systems and organs.

**FOOD SOURCES:** Peanuts, hazelnuts, lentils, potatoes, spinach, blackstrap molasses, ginger, corn, asparagus, celery, peaches, cauliflower, pineapple, kale, squash, red beets.

**PRECURSORS/FOLLOW-UPS** Kali sulph, Nat mur, Calc sulph → **Kali mur** → Calc phos, Silicea, Calc fluor, Nat sulph, Ferrum phos **Kali mur prevents stores of Nat phos from becoming depleted.**

## **#6 KALI PHOSPHORICUM (Kali phos.)**

*(Phosphate of Potash)*

**BODY PARTS AFFECTED** Nerves, muscles and skin.

**FUNCTION** The primary function is the maintenance of the nervous system through movement of nutrients through cell walls and from cell to cell. Lack of function in any aspect of the nervous system involves a deficiency of Kali phos, among other things.

**DEFICIENCY SYMPTOMS** Nerve problems include the whole spectrum of emotional issues, some of which are listed here. Muscle fatigue, muscle spasms, menstrual cramping, general weakness, nervous headaches, lack of energy, sleeplessness, all symptoms associated with exhausted adrenal glands, poor vision, gums that bleed easily, poor digestion and elimination, diarrhea/constipation, vomiting, skin problems, nervous asthma, low blood pressure, heart palpitations and arrhythmias.

Mental symptoms include irritability, memory and concentration issues, instability of emotions and thought patterns (unable to connect cause and effect where personal actions and choices are concerned), depression, dark forebodings, looking only at the downside of situations, timidity, tantrums, over-sensitivity to noise.

A key-note of Kali Phos deficiency is the omission of letters or words when writing, the use of wrong words, and the confusion of ideas and thoughts when making a presentation or explaining something.

**comments** Periods of extreme stress or illness, as well as prolonged less severe stress, deplete the body's stores of Kali Phos. Kali Phos is often deficient in elderly persons. Nat Sulp is a necessary preliminary treatment for Kali Phos.

**food sources** White beans, cucumbers, cauliflower, pumpkin, orange juice, bananas, potatoes, tomatoes, dates, figs, olives, apples, almonds, peanuts, lentils, nearly all fruits and vegetables, ginger.

**PRECURSORS/FOLLOW-UPS** Nat sulph → **Kali phos** → Calc phos, Silica

## #7 KALI SULPHURICUM (Kali sulph.) (Sulphate of Potash)

**BODY PARTS AFFECTED** Skin, mucus membranes, intestines, hair, stomach, and tissue cells.

**FUNCTION** Oxygen carrier, maintains hair, benefits perspiration and respiration.

**DEFICIENCY SYMPTOMS** Intestinal disorders. Stomach catarrh. Inflammatory conditions. Eruptions on the skin and scalp with scaling. Shifting pains.

**MENTAL DEFICIENCY SYMPTOMS** Feelings of being boxed in physically or emotionally. Extreme irritability, always being in a hurry but unable to get everything that is wanted done, anxiety in the evening, timid in crowds, any mental exertion aggravates all symptoms.

**COMMENTS** Viral infections, colds, and flus deplete Kali sulph. This deficiency must be corrected in order for the patient to fully recover. Never-the-same-since (NSS) symptoms from any cause usually indicate a Kali sulph deficiency.

**FOOD SOURCES** Almonds, spinach, peas, nuts, parsley, flaxseed, watercress, cottage cheese, green leafy vegetables, apples.

**PRECURSORS/FOLLOW-UPS** Calc fluor → **Kali sulph** → Nat mur, Kali mur

The body may also need a round of Kali mur before Kali sulph if the discharges are whitish in color. Whitish discharges are often found in the very beginning stages of an illness. Kali mur administered at this point can be very effective in lessening the severity of the illness or even stopping it altogether. If the infection is persistent, Calc sulph should be administered.

The oxygen carrying capacity of red blood cells is a function of Ferrum phos but once the oxygen has been delivered by the blood, Kali sulph is responsible for moving it into the interior of the cell body. Kali sulph completes the work begun by Kali mur.

## #8 MAGNESIA PHOSPHORICA (Mag phos.)

(Phosphate of Magnesia)

**BODY PARTS AFFECTED** Muscles, nerves, bones.

**FUNCTION** The outstanding function of Mag phos is on the nervous system, particularly as it communicates with muscles, including the heart muscles. Mag phos affects the elasticity of muscles and prevents or eliminates muscle spasms and muscle fatigue throughout the body.

**MUSCLE SYMPTOMS** Coronary arteries—chest pain, heart muscle—mitral valve prolapse, fallopian tubes—infertility, uterus—menstrual cramping, blood vessels in the head—headaches. Mag phos also benefits the nervous system and helps ensure rhythmic movement of muscular tissue.

**DEFICIENCY SYMPTOMS** Menstrual pains, stomach cramps, flatulence, bloating, constipation, neuralgia, neuritis, sciatica, headaches with darting stabs of pain, cramps, muscular twitching, exhaustion, night sweats., sleep and memory problems, resistance to new ideas, hiccups of babies (even in utero), water retention, swelling of tissues, restless leg syndrome, tourette's syndrome, depression, lack of self-esteem, asthma and Reynaud's syndrome.

**MENTAL DEFICIENCY SYMPTOMS** Nerves are on edge with the inability to relax emotionally (showing as anxiety, nervous disorders, depression); susceptible to stress, pain, anxiety, and depression.

During pregnancy, lack of magnesium can contribute to morning sickness, elevated blood pressure, and toxemia. The baby may arch its back during delivery, causing a brow presentation. After birth the baby arches backwards when held or dislikes being cuddled. These babies are usually colicky and very irritable.

**KEY NOTES** Craving for chocolate, low blood sugar and insulin resistance.

**COMMENTS** Magnesium is one of the minerals that binds with heavy metals and other toxic substances so that they can be eliminated from the body safely. Since heavy metals and other toxins are so prevalent in our environment and in our food supply, chronic deficiencies of magnesium are common.

**FOOD SOURCES** Green vegetables, chlorophyll, chocolate (dark is best), nuts, seeds, whole grains, sea salt, corn, peas.

**PRECURSORS/FOLLOW-UPS** Mag phos and Nat mur are precursors to all the cell salts. They should be taken together before, or along with, any cell salt regimen.

## #9 NATRUM MURIATICUM (Nat mur.)

(Chloride of Sodium)

**BODY PARTS AFFECTED** Cartilage, mucus cells and glands.

**FUNCTION** Water distribution, nutrition and glandular activity, cell division, growth and aids the digestion process.

**DEFICIENCY SYMPTOMS** Weakness bordering on collapse if the deficiency is severe enough. Headaches with constipation. Runny stools, thin and watery blood, heartburn, toothache, hay fever, constant sore throats with a nose that is running clear liquid, abnormal appetite with thirst, sense of coldness, low blood pressure that is alleviated by adequate intakes of salt and water, excessive perspiration with exertion, inability to digest meats, pale and waxy looking complexion, and neuralgic pains.

**MENTAL DEFICIENCY SYMPTOMS** Low spirits, feeling of despair about the future, dwelling on depressing subjects or events, continually bringing up the past and dwelling on it, feeling like a good cry for no reason but consolation from others aggravates and annoys, angry irritability with passionate outbursts, excessively excited and fast moving, mental exhaustion—mental exertion causes fatigue.

**COMMENTS** Natrum muriaticum is the Latin name for salt and is vital for the proper functioning of our bodies. The body will go to extreme lengths to protect its reserves of salt since depletion results in serious dysfunction of organs and systems and can result in death. Sodium (Nat mur) is used by the body to produce the hydrochloric acid needed for digestion.

The relationship between sodium and potassium creates an osmotic tension that maintains the integrity of cells and the flow of nutrients into and out of the cells. Much of our caloric intake is used to run this mechanism. If the mechanism is not working properly we gain what is known as “water weight” and we utilize fewer calories each day. The result is unwanted weight gain and feeling miserable all over.

Salt regulates the amount of moisture in the body. Depending on the availability of salt, the tissues of the body will have too much water (edema) or too little water. Too little water results in the non-conduction of necessary electrical impulses to the heart and brain as well as many other serious conditions. Salt is also necessary for the uptake of calcium.

It is possible to have adequate amounts of salt in the diet and still be deficient due to assimilation issues. A few doses of the cell salt, Nat mur, can aid the body in breaking down and utilizing salt.

*There are a great many drugs which create disturbances in the sodium levels of the body!*

**FOOD SOURCES** Sea salt, red beets, lentils, radishes, tomatoes, dairy products, celery and celery seeds.

**PRECURSORS/FOLLOW-UPS** → Kali sulph, Nat sulph → Calc phos, Kali mur

## #10 NATRUM PHOSPHORICUM (Nat phos.) (Phosphate of Sodium)

**BODY PARTS AFFECTED** Nerves, muscles, joints and digestive organs.

**FUNCTION** Acid neutralizer, promotes liver and gall bladder functions which aid in the breaking down of fats and the assimilation of nutrients, disperses lactic acid which can build up in muscles causing stiffness and paralysis,

**DEFICIENCY SYMPTOMS** Stiffness and swelling of the joints, acidic blood conditions, rheumatism, lumbago, worms, golden-yellow coating at the root of the tongue, indigestion, poor sleep, waking up with indigestion, and gout.

**MENTAL DEFICIENCY SYMPTOMS** include irritability, tension, crabbiness, argumentative tendencies. Argumentative, irritable children are often benefited by this remedy.

**COMMENTS** The function of Natrum phosphoricum is to keep the body more alkaline than acidic by absorbing carbonic acid and eliminating it through the respiratory system. The tissue salt, Nat phos, promotes this function.

**FOOD SOURCES** Lentils, spinach, rose hips, oats, olives, carrots, rice, celery red beets, apples, peaches, apricots, lemons, papaya, grapes, watermelon and the spices coriander, cumin, anise, and ginger.

**PRECURSORS/FOLLOW-UPS** Nat phos and Mag phos are precursors to all the cell salts. They should be taken together before, or along with, any cell salt regimen.

## #11 NATRUM SULPHURICUM (Nat sulph.) (Sulphate of Sodium)

**BODY PARTS AFFECTED** Liver, liquids inside the cells, and digestive system.

**FUNCTION** Eliminates excess water. Ensures adequate bile. Removes poison-charged fluids from the interior of cells, treats rheumatic ailments.

**DEFICIENCY SYMPTOMS** Influenza, asthma, malaria, liver ailments, brownish-green coating of the tongue, bitter taste in the mouth, urinary incontinence, bed wetting, water retention, type 2 diabetes, parasites, tendency to excessive bleeding, post-partum hemorrhage (use with Calc phos here).

**MENTAL DEFICIENCY SYMPTOMS** Poor short term memory, stumbling over words, inability to recall the word wanted.

**COMMENTS** Nat sulph, both as a cell salt and as a homeopathic in deeper potency, is a leading remedy for head injuries because of its ability to remove waste materials, damaged cells, and regulate to fluid levels. One indication of the need for this remedy is drowsiness after the head injury or dizziness even weeks after the injury occurred.

Like Kali sulph, Nat sulph is rapidly depleted during viral illnesses. Attention should be paid to a possible deficiency and Nat sulph, in cell salt form, should be considered.

**FOOD SOURCES** lentils, spinach, oats, garlic, parsley, celery, dandelion, chillies, horseradish, broccoli, cabbage, brussels sprouts, kale, onions, red beets, pumpkin, green peppers, cucumber, bananas, apples

**PRECURSORS/FOLLOW-UPS** Calc phos, Kali mur → **Nat sulph** → Kali phos, Silica

## #12 SILICA OXIDE (Silica) (Pure Silica)

**BODY PARTS AFFECTED** Connective tissues, skin, nerves, bones, mucus membranes, joints and lymphatics.

**FUNCTION** Cleanser and eliminato, initiates the healing process, insulator of the nerves, restores the activity of the skin.

**DEFICIENCY SYMPTOMS** Smelly feet and arm pits, pus formation, abscesses, boils, styes, clogged tear ducts, tonsillitis, brittle nails, stomach pains, diseases affecting bone surfaces, whitlows, gout, enlarged thyroid, cracked nipples in nursing mothers, suppressed perspiration, difficult wound healing, ingrown toe nails, falling out of the hair, and spinal irritation.

**MENTAL SYMPTOMS** Firmness of purpose but lacking the physical stamina to carry through. Inability to focus or maintain attention for even short periods of time, over sensitivity to noise, anxiety, great irritability, gloomy and despondent.

**COMMENTS** Silica helps to expel foreign objects from the body (slivers, bits of glass, and brings abscesses to a head, opening an exit so that infection and foreign objects may leave the body.

**FOOD SOURCES** millet, brown rice, whole grains, peas, carrots, cucumbers, strawberries, parsley, stinging nettle, dandelion, horsetail, comfrey, bamboo shoots, spinach, nuts, seeds, lemons, guavas.

**PRECURSORS/FOLLOW-UPS** Nat sulph, Kalli phos, Kali mur → **Silica** → Calc phos

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BIOCHEMIC CELL SALT	DESCRIPTION	BODILY PARTS AFFECTED	FUNCTION	DEFICIENCY SYMPTOMS
<b>CALC FLUOR #1</b>	Calcareo fluorata (Fluoride of Lime)	Bones, elastic tissues, veins, arteries, teeth, joints	Gives tissues the quality of elasticity, preserves contractive power of elastic tissues	Cracks in the skin, a loss of elasticity, relaxed condition of the veins and arteries, piles, sluggish circulation, loose teeth
<b>CALC PHOS #2</b>	Calcareo phosphorica (Phosphate of Lime)	Bones, muscles, nerves, brain, connective tissues, teeth	Aids normal growth and development, restores tone and strength, aids digestion, aids bone and teeth formation	Anemic state of young girls, blood coagulation problems, blood poverty, imperfect circulation, bone weakness, rickets
<b>CALC SULPH #3</b>	Calcareo sulphuricum (Sulphate of Lime)	Blood, skin	Blood purifier and healer that removes waste products from the blood	Pimples, sore throat, cold, all conditions arising from impurities in the blood
<b>FERRUM PHOS #4</b>	Ferrum phosphoricum (Phosphate of Iron)	Muscles, nerves, hair, crystalline, blood vessels, arteries, red blood cells	First-aid, oxygen carrier, supplementary remedy	Congestion, inflammatory pain, high temperature, quickened pulse, lack of red blood corpuscles
<b>KALI MUR #5</b>	Kali muriaticum (Chloride of Potash)	Muscles, blood, saliva	Treats burns, aids digestion, cleanses and purifies the blood	Sluggish conditions, catarrhs, sore throat, torpidity of the liver, white colored tongue, light colored stools, cough, colds
<b>KALI PHOS #6</b>	Kali phosphoricum (Phosphate of Potash)	Muscles, nerves, skin	Nerve nutrient, aids breathing, contributes to a contented disposition, sharpens mental faculties	Nervous headaches, lack of pep, ill humor, skin ailments, nervous asthma, sleeplessness, depression, timidity, tantrums
<b>KALI SULPH #7</b>	Kali sulphuricum (Sulphate of Potash)	Skin, intestines, hair, stomach, tissue cells	Oxygen carrier, anti-friction, maintains hair, benefits perspiration and respiration	Boxed-in feeling, intestinal disorder, stomach catarrh, inflammatory conditions, eruptions on the skin and scalp with scaling, shifting pains
<b>MAG PHOS #8</b>	Magnesia phosphorica (Phosphate of Magnesia)	Muscles, nerves, bones	Anti-spasmodic, benefits the nervous system, helps ensure rhythmic movement of muscular tissue	Menstrual pains, stomach cramps, flatulence, neuralgia, neuritis, sciatica, headaches with darting stabs of pain, cramps, muscular twitching
<b>NAT MUR #9</b>	Natrum muriaticum (Chloride of Soda)	Cartilage, mucus cells, glands	Water distributor, aids nutrition and glandular activity, aids cell division and normal growth, aids digestion	Low spirits, headaches with constipation, thin and watery blood, heartburn, toothache, hay fever
<b>NAT PHOS #10</b>	Natrum phosphoricum (Phosphate of Soda)	Nerves, muscles, joints, digestive organs	Acid neutralizer, aids in the assimilation of fats and other nutrients	Stiffness and swelling of the joints, acidic blood condition, rheumatism, lumbago, worms, golden-yellow coating at the root of the tongue
<b>NAT SULPH #11</b>	Natrum sulphuricum (Sulphate of Sodium)	Liver	Eliminates excess water, ensures adequate bile, removes poison-charged fluids, treats rheumatic ailments	Influenza, asthma, malaria, liver ailments, brownish-green coating of the tongue, bitter taste in the mouth
<b>SILICA #12</b>	Silica oxide (Pure Silica)	Connective tissues, skin, nerves	Cleanser and eliminator, initiates the healing process, insulator of the nerves, restores the activity of the skin	Smelly feet and arm pits, pus formation, abscesses, boils, styes, tonsillitis, brittle nails, stomach pains, diseases affecting bone surfaces, whitlows