

Chapter Seven

Cell/Biochemic/Tissue/Schuessler Salts

Important Nutrients for Life

The word *biochemic* is derived from a Greek word—*bios*— which means *life*. Biochemic, therefore, means the *chemistry of life*. According to biochemic theory, there are 12 major inorganic salts that make up the composition of our cells and our blood. Blood is to the body what soil is to a plant. Poor, exhausted soil that is lacking in essential nutrients produces weak and sickly plants. Poor, exhausted blood that is lacking in essential constituents will produce weak, sickly bodies that are prone to disease and unable to provide the quality of life that we would like to have. By enriching the soil, plants can be made to thrive. By enriching the blood and ensuring that the proper nutrients are being carried to the cells, a healthy balance within ourselves can be maintained or recovered.

The strength of our cells and, as a result, the strength of our organs and tissues depends on our having the necessary quantities of these important salts. If they become depleted in our tissues or cells, or if they become out of balance with one another, proper function is lost. In fact, biochemic theory maintains that *every* disease of the human family is due to a lack of one or more of these organic building blocks. I don't know that I agree with the *every*, but it is an interesting hypothesis.

ARE CELL SALTS HOMEOPATHICS?

These remedies contain no material dose of the inorganic salts and minerals from which they are made. They can not be considered supplements in any sense of the word. Although they are prepared in a manner quite similar to other homeopathic remedies, *they work by somewhat different principles*. These remedies **do not** create in a well person any symptoms of ill health, which is part of the basic premise of homeopathic symptom pictures. Like homeopathics, however, they bring a certain energy pattern to the attention of the body.

It seems that by highlighting and focusing our energy system on the pattern of a deficiency, these remedies encourage our bodies to look for and uptake needed nutrients until proper quantities and balances are achieved. Since these salts are the building blocks out of which our entire bodies are made, there is nothing that deficiencies of these vital minerals cannot be connected to. The corollary to this statement is, of course, that since any ailment of the body may have a connection to a cell salt deficiency, they should be used whenever the physical or emotional symptoms indicate their need.

MINERALS

The minerals represented and balanced by the cell salt remedies have many and varied uses in our bodies.

Calcium: Strengthens bones, elastic tissues, veins, arteries, teeth, joints, and aids the assimilation of other nutrients.

Iron: Oxygenates the blood. Improves the hemoglobin. Strengthens arteries and veins. Reduces inflammation, and controls fever.

Potassium (Kali): Nerve and brain health and function. Hair and skin health. Dries or increases mucous secretions as needed. Aids stomach and bowel functions.

Magnesium: Relieves pain and is an anti-spasmodic. Strengthens the nervous system. Ensures the rhythmic movements of muscular tissues—including those of the heart and the uterus.

Sodium (Natrum): Effective for nerves, muscles, joints, and digestive organs. Establishes better water balance in tissues. Aids assimilation of fats and other nutrients.

Silica: Beneficial for bones, nerves, skin, hair, and connective tissues.

Using Biochemic Remedies

Cell salts are completely safe. They may be used by infants, children, pregnant and nursing women, the sick, and the elderly. They may be used (usually with success) by anyone at just about any time.

Cell salts may be purchased in small pellets with a lactose or sucrose base. They may also be purchased in a liquid form. If you have the pellets and you want a liquid, simply dissolve the pellets in water. How much water and how many pellets is not really important. The success of these remedies lies in their frequency and energy pattern, not in a material dose.

Cell salts may be taken internally in either liquid or pellet form. They may be incorporated into sprays, creams, lotions, or soaps. They may also be added to baths for absorption by the skin. In liquid form they may simply be placed on the body. This is one of my favorite ways to use them on babies and small children.

Biochemic remedies are usually low potency remedies, usually 6X to 30X. They are very effective at these potencies and, in these low potencies, they certainly fit Samuel Hahnemann's description of a remedy that restores health rapidly, gently, and permanently without causing harm. These remedies, perhaps because they encourage the blood toward a more balanced condition, do not seem to set up negative symptom pictures by over-use as homeopathic remedies sometimes do.

Biochemic cells salts are administered and stored in much the same way as homeopathic remedies. Be careful not to contaminate your remedy by touching it with either your fingers or your mouth. They should be stored at moderate temperatures, away from direct sunlight. Keep them away from magnets, computers, TVs, microwaves, and any other source of energy that might alter or overpower their own frequencies.

Avoid, as much as you can, products containing camphor or menthol while using these remedies (as with all homeopathic remedies). Products containing camphor or menthol can slow the action of the remedy, or antidote it altogether. Caffeine, in more than moderate quantities, can also affect these remedies negatively.

Do not be afraid to use more than one cell salt at the same time or to use the 12 salt combination, bioplasma. These salts exist in combination in the body and taking them that way makes good sense.

BIOPLASMA

Bioplasma, a combination of all twelve of these homeopathic tissue salts, is certainly one of my polycrest remedies. (Remember, a polycrest remedy is one that is useful for many people.) Bioplasma, because of its effect on blood chemistry, will slow even heavy bleeding. I have used it many times to control bleeding from injuries. As a midwife, it has been valuable to me in the control of hemorrhage on more than one occasion.

Deficiency of these minerals can be seen by looking at the face, or even at the tongue. There is a book by David R. Card, Facial Diagnosis of Cell Salt Deficiencies, that I would highly recommend. The book is full of information about each mineral salt. The book includes pictures and artwork which clearly show what deficiencies of the 12 inorganic minerals look like.

Cell salts often require the presence of other cell salts in order to be absorbed. Because of this, the deficiency of one mineral sometimes leads to the deficiency of another one, even in the presence of sufficient amounts of the second mineral in the diet.

RECOMMENDED BOOKS

Facial Diagnosis of Cell Salt Deficiencies, by David Card (referred to above)

Deficiencies of the cell salts can be seen by looking at the face or even the tongue. This book has some wonderful insights and includes pictures, and artwork that clearly show what the deficiencies look like.

Twelve Essential Minerals for Cellular Health, by David R. Card:

This is an inexpensive and compact reference book. In this book Mr. Card has placed, in user-friendly charts and lists, the best information from his many larger books. This book is an excellent resource for both the novice and skilled practitioner alike.

The Prevention of Seasonal Illnesses

Some of these remedies are beneficial for the prevention of seasonal illnesses. The following protocol is based on recommendations by J.B. Chapman, M.D. in the book Dr. Schuessler's Biochemistry.

Since Nat Mur and Mag Phos are often necessary precursors to all of the other remedies, consideration should be given to adding them to the protocol in the beginning, especially if the tissue salt remedies have not been used before by the person or not used for a while.

I have found, for myself at least, that the best dosage pattern is to take the remedies 5 days a week for 3 weeks, take a week off in which no remedies are taken and then repeat the pattern if you feel the need or an illness has occurred.

The winter months in areas of the world with a seasonal climate are noted for the increase of coughs, colds, pneumonia, bronchitis and similar troubles of the nose, throat, and lungs. Colder and more moist conditions, coupled with exposure to drafts and wind, can contribute to deficiencies of Kali Mur and Ferrum Phos. The first illness of the season further depletes these minerals in the body. A regimen of these two remedies at the beginning as winter begins may strengthen the immune system and prevent, or at least minimize, the severity and frequency of illness during these months.

If such an illness does take hold, remember to administer these remedies for a few days during the recovery period as well. A few drops of Ferrum Phos in the mornings and Kali Mur in the evenings is generally recommended.

During the winter months we tend to eat more warm foods and less vegetables and green salads. This produces, coming into spring, a mild anemia in most people. This anemia is experienced as fatigue, lack of energy, difficulty concentrating, possible leg cramps, insomnia, and a general sense of restlessness and unease. This condition was referred to a "spring fever" in previous generations and was a direct result of the lack of the availability of fresh vegetables during the winter months.

Ferrum Phos and Calc Phos are the missing salts which are believed to contribute to this condition. Ferrum Phos, also used during the winter months in the recommendation above, is once again given in the mornings with Calc Phos given in the evenings during the months of March, April, and May.

The warmer months of summer and, perhaps the food we eat and we travel and picnic, seems to breed bacteria that disrupt our digestive and intestinal systems. Kali Mur should be taken in the mornings and Natrum Phos in the evenings throughout the months of June, July, and August.

In the fall, as temperatures again become erratic and then turn chilly, Ferrum Phos and Kali Mur should be taken. Please note that these are the same remedies which are recommended for the winter months.

By following this regimen, many of the seasonal ailments from which we too often suffer can be avoided altogether or, at the very least, greatly reduced and minimized. Energetic remedies have a positive effect on the immune system, on the blood, and on the general strength and stamina of the body.

"An ounce of prevention is worth a pound of cure"

Of course, any time an illness or imbalance occurs the appropriate cell salt remedy should be taken. The choice of the remedy is made based, as always with anything homeopathic, on the symptom picture. The descriptions of the symptoms of deficiency provided on the next few pages and in the books referred to in this chapter may be helpful to you in determining which remedies are needed.

The Twelve Biochemic Cell Salts

#1 CALC FLUOR

Calcareo fluorata (Fluoride of Lime)

BODY PARTS AFFECTED Bones. Periosteum (covering of the bones). Elastic fiber of muscle and connective tissues, Veins. Arteries. Tooth enamel. 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 aneurisms). 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. Conjunctivitis.

MENTAL DEFICIENCY SYMPTOMS Great depression. Indecision. 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 AND FOLLOW-UPS Kali Mur, Nat Phos, Calc Sulph, **Calc Fluor**, Kali Sulph

#2 CALC PHOS

Calcareo phosphorica (Phosphate of Lime)

BODY PARTS AFFECTED Bones. Muscles. Nerves. Brain. Connective tissues. 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 with the tip of the nose, the hands, and the ears particularly cold. 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. 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, Silicea → **Calc Phos** → Nat Sulph

#3 CALC SULPH

Calcareo Sulphuricum (Sulphate of Lime)

BODY PARTS AFFECTED Blood. Skin. Gallbladder. Liver. 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. 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** and **Calc Sulph** complete Kali Mur

#4 FERR PHOS

Ferrum phosphoricum (Phosphate of Iron)

BODY PARTS AFFECTED Red blood cells. Muscles. Nerves. Hair. Eyes— retina. Irritation and inflammation. Blood vessels. 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. 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 blueberries, apricots, black strap molasses, brewer's yeast, eggs, and meat sources including liver.

The bio-availability of iron from plant sources is lower than that of 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 but 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 MUR

Kali muriaticum (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. Catarrhs 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). 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. Fibromyalgia (also a magnesium deficiency).

MENTAL DEFICIENCY SYMPTOMS Great sadness alternating with cheerfulness. Irritable and angry at trifles. Often sits in silence. 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 PHOS

Kali phosphoricum (Phosphate of Potash)

BODY PARTS AFFECTED Nerves. Muscles. 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 Arrhythmias

RECURSORS/FOLLOW-UPS Nat Sulph → **Kali Phos** → Calc Phos, Silica

#7 KALI SULPH

Kali sulphuricum (Sulphate of Potash)

BODY PARTS AFFECTED Skin. Mucous membranes. Intestine. Hair. Stomach. 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 and 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 MAG PHOS

Magnesia phosphorica (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. Reynaud's Syndrome.

MENTAL DEFICIENCY SYMPTOMS Nerves are on edge with the inability to relax emotionally (showing as anxiety, nervous disorders, depression). Susceptibility 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. 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, pea^s

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 Nat Mur

Natrum Muriaticum (Chloride of Sodium)

BODY PARTS AFFECTED Cartilage. Musous cells. Glands

FUNCTION Water distribution. Nutrition and glandular activity. Cell division. Growth. Aids digestion

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. 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 less 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 NAT PHOS

Natrum Phosphoricum (Phosphate of Sodium)

BODY PARTS AFFECTED Nerves. Muscles. Joints. Digestive Organs

FUNCTION Acid neutralizer, promotes liver and gall bladder functions which aids 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 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 NAT SULPH

Natrum Sulphuricum (Sulphate of Soda)

BODY PARTS AFFECTED Liver. Liquids inside the cells. 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 SYMPTOMS Poor short term memory. Stumbling over words. Inability to recall the word wanted. 47

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

Silica Oxide(Pure Silica)

BODY PARTS AFFECTED Connective tissues. Skin. Nerves. Bones. Mucous membranes. Joints. Lymphatics

FUNCTION Cleanser and eliminator. 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. 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 (splinters, 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**

The Twelve Biochemic Cell Salts

BIOCHEMIC CELL SALT	DESCRIPTION	BODILY PARTS AFFECTED	FUNCTION	DEFICIENCY SYMPTOMS
CALC FLUOR #1	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
CALC PHOS #2	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
CALC SULPH #3	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
FERR PHOS #4	Ferrum phosphoricum (Phosphate of Iron)	Muscles, nerves, hair, crystalline lens, blood vessels, arteries, red blood cells	First-aid, oxygen carrier, supplementary remedy	Congestion, inflammatory pain, high temperature, quickened pulse, lack of red blood corpuscles
KALI MUR #5	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
KALI PHOS #6	Kali phosphoricum (Phosphate of Potash)	Muscles, nerves, skin	Nerve nutrient, aids breathing, contributes to a contented disposition, sharpen mental faculties	Nervous headaches, lack of pep, ill humor, skin ailments, nervous asthma, sleeplessness, depression, timidity, tantrums
KALI SULPH #7	Kali sulphuricum (Sulphate of Potash)	Skin, intestine, 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
MAG PHOS #8	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
NAT MUR #9	Natrum Muriaticum (Chloride of Soda)	Cartilage, mucous 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
NAT PHOS #10	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
NAT SULPH #11	Natrum Sulphuricum (Sulphate of Soda)	Liver	Eliminates excess water, ensures adequate bile, removes poison-charged fluids, treats rheumatic ailments	Influenza, human asthma, malaria, liver ailments, brownish-green coating of the tongue, bitter taste in the mouth
SILICA #12	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