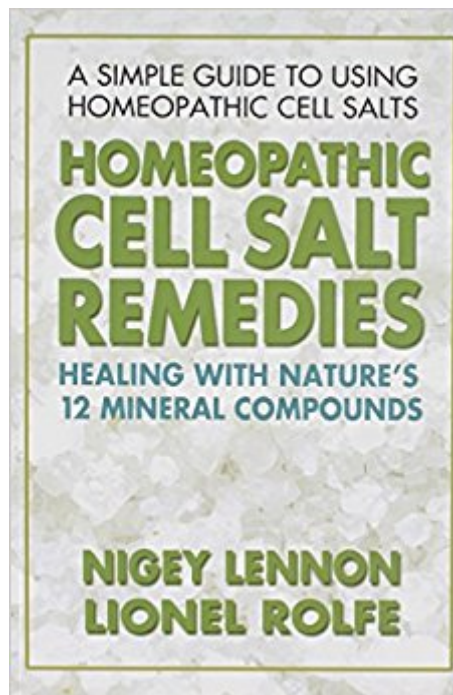




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# Homeopathic Cell Salt Remedies: Healing With Nature's Twelve Mineral Compounds



## Synopsis

In 1870, Dr. W. H. Schuessler discovered that cell salts are essential to maintaining health, and developed the use of twelve cell salt remedies. *Homeopathic Cell Salt Remedies* is a simple but comprehensive guide to healing with these mineral compounds. Part One describes each cell salt, explaining how it works and detailing its use. Part Two offers an A-to-Z listing of common disorders and the remedies that can treat them. Here is a much-needed introduction to the effective use of cell salts.

## Book Information

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## Customer Reviews

Nigey Lennon is a professional journalist whose work has appeared in publications such as *The Village Voice*. She is also the author of seven books. Lionel Rolfe is a professional journalist with a lifelong interest in medicine and science. He is also the author of six books.

This is an excellent read concerning the 12 tissue salts. Here is a quick synopsis of the 12 life saving salts that could benefit your health: **Calc fluor** Calcium fluoride is particularly abundant in the bones and teeth, blood vessel walls, muscles and connective tissue. This tissue salt strengthens weak, brittle bones and poor teeth enamel, and may heal bony outgrowths such as heel spurs. **Calc fluor** is also widely used to restore tissue elasticity when it is lax or overly stiff. It is recommended for skin cracks and fissures, and when the skin becomes thick and hard. It may help hernia pains and strained or hardened tendons. **Calc fluor** can help hemorrhoids and varicose veins. **Wet weather**

may make symptoms worse, while warmth and massage can improve symptoms.

**Calc phos**Calc phos is important for the skeletal system, teeth and connective tissues. As a mineral compound, calcium phosphate constitutes over half of your bone structure. As a tissue salt, it is naturally helpful in healing fractures, for conditions relating to the digestive tract and for coldness and numbness from poor circulation. Calc phos is often beneficial for anemia as well as for poor growth and development in children. It can promote the development of teeth and help with teething problems or decaying teeth. It can also be used to speed recovery when convalescence from illness is delayed. Pains related to Calc phos tend to be worse at night.

**Calc sulph**Calc sulph is a blood purifier that is often useful with acne, abscesses, ulcers and wounds that have become infected. Calc sulph closes and clears up an infection. This remedy is indicated for infections that are slow to heal, and when the discharges are yellow, thick and possibly bloody. Calc sulph can prevent an oncoming cold or sore throat.

**Ferr phos**Consider this tissue salt in the first stage of any inflammation where the skin or mucous membrane is red, painful and swollen. Ferr phos can relieve fevers, especially where the skin is hot and dry and the cheeks flushed. Typically, there will be thirst. The head may be congested and throbbing. Ferr phos is indicated with painful sore throats, laryngitis, earaches and similar inflammatory conditions in the beginning stages. It is also useful immediately following an injury to help stop the blood flow if there is bleeding, or to reduce swelling, heat, redness and pain. With sprains or strains, the pains are worsened by movement; elevate the limb and apply a cold compress. Ferr phos is an oxygen supplier to the cells, so it is useful for anemic conditions, particularly when they occur as a result of heavy bleeding.

**Kali mur**Kali mur should be considered with weak and sluggish conditions. It acts as a blood purifier when infections discharge a thick, white or gray substance. It is useful in skin eruptions and also in infections after the initial inflammatory stage. In injuries where swelling occurs, use Kali mur during the initial swelling phase. Kali mur is useful for infections such as tonsillitis, head colds and earaches when the swelling is marked. With infectious bronchitis, the phlegm is thick and may cause rattling and wheezing. Poor digestion, when it develops after eating rich or fatty foods, also benefits from Kali mur. The tongue is typically coated white and the stools may be lighter in color, indicating sluggishness of the liver.

**Kali phos**This tissue salt is particularly suited to conditions relating to the nerves. It is beneficial for anxiety and nervousness, for irritability from frayed nerves, or for poor memory, typically accompanied by fatigue. Kali phos will relieve insomnia, asthma, headaches and indigestion if they are triggered by a temporary attack of nervous tension. This tissue salt is also useful for treating physical conditions relating to the nerves, including shingles and skin conditions where there is itching and a crawling feeling. Nerve pains or spasms, and cramps not relieved by Mag phos, are

often helped by Kali phos. Kali sulph helps with conditions of the skin and mucous membranes. These skin conditions typically develop a discharge which is yellow and sticky or watery, common in the later stages of an infection. The tongue may be covered with a slimy, yellow coating. Crusty or scaling skin problems also benefit from this remedy. Diarrhea and sinus infections past the initial stages with a slimy, yellow quality are typical uses for Kali sulph. Digestive complaints and colic with gas or shifting pains may be helped by this tissue salt. Typically, the conditions are better in cool, open air, and worse in warm, stuffy rooms. Kali sulph is a remedy for cramps not relieved by Mag phos, especially when some of the above symptoms are also present. Mag phos is the chief tissue salt to consider for cramps and spasms in the muscles or nerves. Nerve pains are typically sharp and may shoot along the nerve. This tissue salt quickly relieves cramping pains and colic that are improved by warmth, pressure and doubling over. Cold drafts and cold water tend to worsen the condition. Tension headaches and fitful, spasmodic coughs often benefit from Mag phos. In the acute stages, this tissue salt acts more quickly when taken dissolved in some hot water.

**Nat mur** This tissue salt's main function is to properly distribute body fluids. If excess dryness or water retention occurs, this indicates a need for Nat mur. Water-filled blisters, insect bites, hives that itch, and dry eczema are skin conditions this tissue salt often heals. Colds and hay fevers with watery mucus and sneezing, usually accompanied by a loss of smell and taste, also indicate Nat mur. Other problems helped by this tissue salt are constipation, digestive complaints, and headaches that are worse in the morning and from the sun. Often a craving for salt develops, and the spirits tend to be low. Sometimes, there is an associated feeling of hopelessness.

**Nat phos** Nat phos is an acid-neutralizing tissue salt. It is useful for an acidic stomach which causes nausea, gas, sour belching or a thick, white coating on the tongue. Nat phos is a useful remedy for morning sickness or motion sickness, when the vomiting is sour. Since overacidity is also the source of many arthritic complaints (including gout), Nat phos is often helpful. This tissue salt also regulates bile production, and can be used for jaundice, gall-bladder colic and indigestion from rich or fatty foods.

**Nat sulph** Nat sulph regulates the distribution of water and the flow of bile. This tissue salt is beneficial for the liver, pancreas, intestines and kidneys. Jaundice, bitter belching and dark-colored, greenish stools and diarrhea all suggest a need for this tissue salt. The coating on the tongue is typically greenish brown. Nat sulph is often beneficial for flu and colds and is another remedy for morning sickness, when there is a bitter taste in the mouth. In the respiratory system, this tissue salt should be considered for asthma brought on by humidity. The effects of head injuries may be remedied by Nat sulph.

**Silicea** Silicea is well known as a tissue salt to ripen infections and eliminate them through the surface. It acts as a blood cleanser and is useful in abscesses, tonsillitis,

sties and other infections to promote the formation of pus when an outlet is available. The tissue salt Silicea supports the bone structure and connective tissues. When it is lacking, the nails, hair and bones may become weak. Weakness and poor stamina may be evident in other parts of the body, so this tissue salt should be considered if these problems fail to resolve and if injuries heal poorly. It can also be used for absent-mindedness and weak memory. Consider Silicea for neuralgia when Mag phos fails. Excessive or suppressed perspiration can also be restored to normal with this tissue salt. This book is a great introduction into learning about tissue salt therapy and it's definitely 5 star worthy.

This book is very easy to read. Even though it's not a fat book, it's loaded with a wealth of info. Gave many stories of people's experiences in using the cell salts. Has a good index.

Having used cell salts for over 40 years, I never really had a good reference to use -- and finally , here it is! Very easy to read and in easily understandable terms -- highly recommend it for making good use of these valuable remedies.

Pretty good solid info. Could use more visual representations.

Great reference guide for cell salt remedies!

Very informative and helpful for me.

Loved this book! Well written and easy to understand. I plan to share the information in this book with family and friends.

GREAT GREAT GREAT!!! This is a wonderful introduction to Cell Salts in a very easy to read format with clear and concise information. Perfect for the generalists and will work well as a reference once I complete my doctorate.

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