

I. What are the Tissue Salts and when should we use them?

The Foundation of the Biochemic Salts

The Father of Homeopathy, Samuel Hahnemann, actually started the cell salt story with four of his provings: lime (the Calcareas), salt (the Natrums), potash (the Kalis) and silica. He referred to them as the "essential component parts of the human body."

It was Dr. Schuessler of Oldenburg, Germany who fully developed the "Biochemic Therapeutics...based in the physiological fact that both the structure and vitality of the organs of the body are dependent upon certain necessary quantities and proper apportionment of its inorganic constituents" - the cell salts. Any disturbance in their molecular motion "constitutes disease."

This system is based on the teachings of Dr. Schuessler who felt that many health problems come from a misuse of salts in the body, at the cellular level. Therefore these inorganic minerals work within the body's natural chemistry.

bit of history: Dr. Schuessler, the homeopath who invented the cell salt remedies, postulated that abnormal conditions (illnesses) arise when there is a deficiency in one or more of the basic 'salts' or minerals. By analyzing human tissues, he found that we all have these 12 inorganic substances in common. In studying illnesses, he found much evidence of imbalance in these substances. Supplements were not always safe or effective, so Schuessler experimented by making the compounds into homeopathically prepared remedies. He found that whether helping with cases of excess or deficiency, the remedies helped the system re-establish balance.

You might hear these remedies referred to as 'the cell salts, the biochemic cell salts, the tissue salts' or just as 'the Schuessler salts.' Whatever they are called, they are completely homeopathic, and some, like Natrum mur (sodium chloride) were in use before Schuessler's work.

Dr. Schuessler's five principles are:

1. Disease does not occur if cell metabolism is normal.
2. Cell Metabolism is in turn normal if cell nutrition is adequate.
3. Nutritional substances are either of organic or inorganic nature as far as the body is concerned.
4. The ability of the body cells to assimilate and to excrete and further to utilize nutritional material is impaired if there is a deficiency in the organic material.
5. Adequate cell nutrition may be restored and cellular metabolism normalized by supplying the required tissue salts to the organism in a finely divided assimilable form. (Tissues Salts is directed at an illness.)

The inorganic material of

Nerves cells are

Mag phos
Kali phos
Nat phos
Ferrum phos

Muscles

Mag phos
Kali phos

	Nat phos Ferrum phos Kali mur
Connective tissue	Silica
Elastic tissue cells	Calc flour
Bone cells	Calc flour Mag phos Calc phos
Cartilage and mucus cells	Nat mur

Calcium Fluoride

Calcium Fluoride gives to tissue the quality of elasticity. It combines with albumin to form organic elastic tissue found in cell walls of blood vessels, mucus tissue, connective tissue, bone surface and tooth enamel.

Deficiency leads to a loss of elasticity or relaxed tissues

- Hemorrhoids
- Varicose veins
- Tendency to cracks in skin esp. palms of hands, between toes
- Disease affecting the surface of bones and joints
- Teeth that become loose and decay rapidly à **tooth ache rx**
- Muscle and supporting membranes results in muscular weakness and bearing down pains.

Modalities

- < Humid conditions
- > Massage and warmth

Calcarea fluor (Calcium fluoride)

This cell salt is found in most, if not all, of our bone, joint, muscle, teeth and vein cells. Its primary function is to give tissues elasticity. Thus its remedy, Calc fluor, aids conditions resulting from inflexible tissue or tissue that cannot bounce back from injury, pregnancy, or illness, problems like hemorrhoids, varicose veins, backache, lumbago, gouty joints, loose or decaying teeth, muscular weakness and enlarged glands. Arthritic joints and back pain that must be moved often may like this remedy, too. Calc fluor is particularly helpful if the condition feels worse on beginning to move, but improves with gentle movement.

II Calcium Phosphate

It is important in the formation of new cells.

Without calc phos there could be no blood coagulation (hemophilia).

It has the reputation of assisting the action of other tissue salts (catalyst).

Calc phos aids in the formation of bones and teeth à good for kids

- Promotes health cellular activity à restores tone to weak organs and tissues
- Rickets
- Found in silica and gastric juices, therefore assists digestion and assimilation, helping build up the body à strong constitution
- **Convalescence** à speeds up recovery, restorative

Used in:

- Anemia
- Growing pains
- Severe pains < night
- Creeping sensation on skin
- Numbness and coldness of limbs

As the cellular building block of the cell salt remedies, Calc phos aids many conditions with structural stress, growth or weakness. Calc's support is helpful whether a blood cell is stressed or a bone is trying to grow an inch every 6 months or heal from that plunge off the maple tree. It can even put an end to those after school/study headaches. Thus Calc phos can be a great benefit during dentition, puberty and growth spurts and, at the other end, when systems begin to weaken and shrink. In between, or actually anytime, Calc phos can help with specific ailments that cause stress or weakness such as simple anemia, persistent cough, weak digestion, joint pain, broken bones, heavy periods or when your cells just seem to need a boost. You may find it particularly helpful when the patient sighs a great deal and craves bacon and ham (fatty, salty food).

III Calcium Sulphate

Known as the blood purifier. It is found in liver. Calc sulph has cleansing and purifying influence on the system.

It helps clean out nonfunctional organic matter or decaying organic matter. It also supplements the action of kali mur.

Use in case of

- Catarrh
- Pimples
- Dandruff, falling hair
- Suppuration, abscess or wounds
- Helps prevent sore throat and cutting colds short
- Neuralgia, frontal headache
- Kidney upsets

Modalities:

- < Getting wet
- > Warm dry atmosphere

Since calcium sulphate is a vital part of our cleansing systems, its cell salt remedy helps us heal wounds, skin disorders, eczema, pimples, sore throats and any conditions which tend to suppurate - form yellow pus - as in boils and abscesses. Calc sulph also helps when the eyes and nose tend to secrete excess thick yellow mucus with colds or allergies. Calc sulph is most suited to allergic individuals who enjoy walking in the open air, but it can give us all a good cleansing when needed. It can also be the perfect follow up for Hepar sulph or Silica.

IV Ferrum Phosphate

Ferrum phos is known as the oxygen carrier, it takes oxygen from outside to all parts of the body. It gives strength to circular walls of blood vessels esp. arteries.

Used for

- Congestions
- Inflammations
- High pulse
- Early stages of acute disorder and continued until inflammation subsides
- Anemia
- Hemorrhages
- Bleeding from cuts and wounds can be stopped by sprinkling the powder on
- Sprains and strains
- It is not an iron tonic (i.e. iron pills)

It is impossible to say enough when extolling the virtues of this supportive, first aid cell salt. Since iron is a crucial element for strong, oxygen carrying blood cells, the homeopathic iron phosphate helps the body maintain well equipped blood cells in the face of many stresses, infections, injuries, blood loss, etc. Whenever symptoms like redness, heat, throbbing or fever, suggest the first stages of acute inflammation (common colds, bronchitis, rheumatism, anemia, skin eruptions, etc.), Ferr phos helps the blood do its job to fix the problem quickly. Ferr phos can be particularly graceful in turning around a child's sudden fever or a young girl's anemia. Cases needing the most support from Ferr phos catch cold easily and tend to be pale, with cheeks that flush easily.

V Potassium Chloride (Kali mur)

Potassium chloride combines with fibrin. With a deficiency in potassium chloride the fibrin cannot function and the body throws off fibrin in thick white discharge i.e. catarrh, leucorrhoea.

Other indications of deficiency are:

- Blood tends to thicken and form clots
- Thick white fibrous discharges
- White coated tongue and light colored stools

Used in

- Inflammatory diseases esp. respiratory i.e. coughs, bronchitis
- Chicken pox and mumps
- Aids digestion (kali mur also found in saliva)
- 1st aid for burns
- Good for sluggish conditions

White, white and more white; that's the key to Kali mur. When you combine this cell salt's strong presence in the blood, muscles and saliva, with its ability to break down the whitish secretions of mucus membranes, skin and other tissues, you can see what a vital part Kali mur plays in our cleansing systems. Kali mur helps sluggish digestive conditions with white mucus discharges and white or gray tongue, and respiratory symptoms like hard cough with white mucus, swollen glands. Its cleansing applies to skin sores and abscesses as well as ear congestion with hearing impairment or soreness particularly in the winter. The key with Kali mur is a white coated tongue whether

facing ear, sinus or glandular congestion, colds, indigestion after fatty foods or sick headache. Never thought just a tongue could say so much.

VI Potassium Phosphate (Kali phos)

It is a great nerve soother. It is used for all nervous disorders and neurotic illness. It helps maintain happy disposition and sharpens the mental faculties.

Uses:

- Nervous headache
- Nervous dyspepsia
- Sleeplessness
- Grumpiness
- Anything associated with nerves i.e. shingles, nervous asthma, hysteria, obsessions, phobia, panic, anxiety, tension

Modalities

- < Exertion – mental or physical
- < Cold
- > Rest, warmth and eating

It makes sense that the dominant cell salt in our nerve and brain cells makes one of the most curative nerve remedies. Whether caused by mental exertion from excess study or stress, or by grief, depression, or mechanical injury, Kali phos helps nerves recover, relax and regain strength. It may be the person's nature or it may be a temporary state caused by pain or stress, but the Kali phos patient is likely to be nervous, hypersensitive, weak and easily wearied. Other symptoms include nightmares, humming in the ears (tinnitus), late or scanty periods, headaches from study and cravings for sweets and ice water.

VII Potassium Sulphate (Kali sulph)

Potassium sulphate works with ferrum phos as an oxygen carrier assisting in the exchange of O₂ from blood vessels to tissue cells. It is found in the external layers of epithelial membrane, such as the skin, and maintains skin conditions.

Indications: yellow coating of tongue, dandruff, measles, psoriasis (yellow discharges), brittle nails, palpitations, headache, foul breath, menstrual disorders.

Useful for intestinal disorder, stomach catarrh

- Chilliness
- Shifting, fleeting pains

Modalities

- < Evening, closed atmosphere
- > Fresh air

As with most remedies that have 'sulph' in their names, the color to remember is yellow. This cell salt's leading indications are profuse yellow mucus (whether from nose, eyes, ears, lungs, or vagina), yellow slimy diarrhea, yellow dandruff and/or yellow oozing skin sores. Its non yellow symptoms include a feeling of stuffiness that improves in open air and aggravates with warmth, plus general irritability, and shifting wandering pains in the back and limbs. In our bodies, potassium sulphate's most important job is being the 'oxygen carrier' that transfers oxygen from the lungs to the iron in our blood and from the blood to the tissue cells. Without it, things tend to stagnate, thus the yellowness

and boxed in feeling. If your troubles begin when going from cold air conditioning to hot summer air, or cold winter air to a hot stuffy room and its yellow, Kali sulph could bring you much needed relief.

VIII Magnesium Phosphate

Magnesium phosphate found in the bones, teeth as well as in blood vessels and muscles. It is known as the anti-spasmodic tissue salt, pains are > pressure or doubling up.

There is a connection in the nervous system with kali phos.

In deficiency the white nerve fiber contract causing spasm and cramps.

Used as a pain reliever for cramping, spasmodic, shooting, darting, nerve pains i.e. sciatic, neuralgia, menstrual pains

- Stomach cramps, flatulence
- Stuttering
- Gallstone colic
- Teething in infants
- Hiccups

Modalities

- < Cold
- > Heat, bending double, pressure

Acts more rapidly if taken in a sip of hot water.

In the body, one of magnesium's crucial roles is engaging and disengaging nerves and muscles. Thus, the cell salt Mag phos aids many spasmodic conditions in which nerves and muscles cannot cooperate, such as leg cramps, menstrual cramps, writer's cramp, abdominal cramps, etc. Spasming muscles and nerves in spasmodic coughs, colic, flatulent colic and hiccups are quickly relaxed. Mag phos also has an uncanny ability to relieve radiating neuralgic pains including backache, sciatica, neuritis and injured or weary nerves, (toothaches to twinging muscles). Other than Mag phos, the only things that make these nerves happy are applied heat, warmth, pressure and bending double.

IX Sodium Chloride (Nat mur)

It is found in all body fluids and tissues. It is regarded as the most important of the 12 salts because without it cell development and growth couldn't occur. Nat mur is the water distributor. It works on glandular activity, excretions and nutrition.

Indications: excessively dry or excessively moist, circulation problems, pallor or greasy appearance, great intense thirst, craves salt.

Useful in

- Watery vomiting
- Loss of taste or smell
- Shock
- Migraines
- Eczema
- Excessive tears
- Hysteria

- Acne
- Ulcer of gums
- Low spirits
- Headache with constipation
- Difficult stools
- After affects of alcohol.

One of the problems and, to a degree, benefits of salt is its tendency to dry out membranes and seal them off; great for beef jerky, but not so great for us. When cell walls become dry, fluids cannot circulate well; when spirits become dry from suppressed grief, anger or disappointed love, emotions do not flow freely, either. The cell salt remedy, Nat mur, helps both dry skin and haunting unpleasant memories. Dry membranes cause thick mucus (like egg white), as in Nat mur colds or hayfever related profuse runny nose, watery eyes, post nasal drip, dry throat and dry tickling cough. Blinding headaches, cold sores, cracked lips, fever blisters, insomnia, constipation and a desire for salty foods can all find relief in Nat mur, when the picture fits. Complaints are often better with open air and deep breathing and worse from consolation, more emotion, puberty and sunlight (especially headaches). Though among the most considerate, Nat mur individuals hate sympathy. They tend to keep troubles to themselves, dwell on unpleasant memories and respond strongly to music. Who would have thought a broken heart and a jar of salt had so much in common?

X Sodium Phosphate (Nat phos)

It is found in intercellular fluids and body tissues. It is called the acid neutralizer. It aids in the proper functioning of digestive organs, assimilation of fats and other nutrients.

Deficiency allows uric acid to form crystals around joints (gout)

Used in

- Acid dyspepsia
- Rheumatism and arthritis, lumbago
- Pain after eating
- Highly colored urine
- Yellow coating on base of tongue
- Worms
- Nervous irritability
- Sleeplessness caused by indigestion
- Fibro cysts

This cell salt's primary role in the body is to decompose lactic acids. Thus its remedy, Nat phos, is very beneficial to acid-related conditions including the stiff muscles after exercise or shock (from lactic acid), 'sugar highs' in children, colic from an excess of milk, sugar, fruit or alcohol, sour vomiting, indigestion, heartburn, and greenish sour diarrhea. Over the long run, acidity can lead to headaches and nervous fatigue. Nat phos' key features of sourness, indigestion, yellow mucus and a yellow coating on the back of the tongue usually grow worse from eating bitter or fatty foods (which they crave) and from mental exertion.

XI Sodium Sulphate (Nat sulph)

it regulates the density of intra cellular fluids; bathes the tissues cells by eliminating water. Its main target organs are liver, gallbladder and gastrointestinal tract where is

helps in the removal of poison charged fluids which are a normal result of chemical changes. Nat sulph helps eliminate toxins.
Good for liver ailments, bilious sandy deposits (brownish green), watery infiltrations.

Principal remedy for flu, humid asthma, hay fever, malaria, ear noises, flatulence and colic, vomiting in pregnancy.

As the substance most involved in cell density and water distribution/elimination, sodium sulphate aids liver and kidney function. Nat sulph can be very helpful if sodium sulphate deficiency results in bilious conditions with nausea, sick headache, bitter belching, colic, indigestion, diarrhea and brownish tongue. Nat sulph has also proven very helpful to head injuries, probably due to the circulation and cleansing of spinal fluid. Individuals who benefit most from Nat sulph tend to be sensitive to damp places (especially symptoms of sadness and respiratory problems). They generally feel better in open, warm, dry air and worse in damp wet places.

XII Silica

This salt found in the connective tissues and any disturbance of its balance affects the nervous system. It is a conditioner and a cleanser. If taken regularly it stops premature ageing.

The action of silica is to promote suppuration, breaks up abscesses, and promotes healthy growth of hair, nails, skin and surface of bones. It acts as an insulator to nerves. Useful in suppressed perspiration as silica restores activity of skin or threatened suppuration.

Indications: absent mindedness, falling of hair, eye strain, boils, offensive foot and arm pit sweats, poor memory, premature ageing, pimples and spots,

Modalities

- < Night
- < Morning
- > From heat

This literally 'Salt of the Earth' remedy is actually made from rock crystal, which provides not only a huge portion of the earth's crust, but also the strength in straw, sponges some plant stems, our hair, skin, nails and bone surfaces. Silica, the 'grit' remedy, is a strengthening influence in every way. It can provide the most benefit to weakened individuals and disorders. Weak cleansing systems cause skin and glands to suppurate easily. Silica can be a great cleanser pushing out splinters, boils, abscesses, ulcers and corns. Sore throats, sinus and ear congestion can move out quickly under its influence. Silica can also benefit constipation, diarrhea related to teething, weak hair and nails, and coughs with thick yellow mucus. The key is a want of grit physical and sometimes moral. Silica offers the most benefit to individuals with some or all of these symptoms: nervous irritability, timidity, fear of public speaking, exam nerves, fear of needles, poor assimilation of nutrients, weak ankles, pale skin, fatigue and a lack of vital heat. Its best patients are concerned about their image (what people think); they perspire (cheesy smelling), though they are naturally chilly. Silica complaints tend to feel better in a warm room with a warm hat on, and much worse in a cold draft.

Dosage

For acute conditions take 4 tablets under the tongue every 30 minutes through out the first day. After the first day, take 4 tablets under the tongue every 2 hours while symptoms persist.

For chronic cases take daily.

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