

## **Natural Healing with Cell Salts**

"Every physician has close at hand several well-worn reference books that are essential to their practice... The cell salts have been a fundamental part of my practice. They are simple, specific, and effect a cure by restoration of function on a cellular level. The results are long lasting."

Dr. Louise N. Edwards, N.D., L.Ac.

### **Introduction to Cell Salt Therapy**

Dr. W. H. Schuessler, M.D., of Oldenburg, Germany, researched the many roles of minerals in the human body. He felt that if the body became deficient in any of these important minerals an abnormal or diseased condition occurred. He studied the various symptoms and discovered which minerals were lacking in his patients.

When the correct minerals were supplied the abnormal or diseased symptom(s) decreased or disappeared, if they were curable at all. It was also important to give the correct amount and frequency. With the proper cell salts added to the sick cells of the body, the abnormality corrected and the body healed itself. By 1873, he knew that minerals were an important part of the body. Twelve mineral compounds were discovered and he called them "cell salts" or "tissue salts." This was the beginning of Dr. Schuessler's biochemic system of medicine.

This biochemic theory has withstood the test of time. Even with far more sophisticated laboratory equipment available today, the simplicity of cell salts is just as valid today as one hundred years ago when Dr. Schuessler developed them. Cell salts are more popular than ever. They can be prescribed safely and are an inexpensive way for people to self-treat many of the illnesses that exist today. You can experiment to find out which one you need without fear of damaging your health. The success of biochemical cell salt therapy lies in accurately linking a person's symptoms with the appropriate tissue cell salt.

Symptoms occur in a variety of forms and are a guide to the nature of the body's deficiency and to the correct treatment required. How and where they occur will help you decide the correct tissue cell salt. Often, you need more than one. The proper dose replenishes the cell salt supply and restores tissue or organ function.

### **A Description of the Twelve Cell Salts**

#### **1. Calc Fluor or Calcium Fluoride**

A lack of Calc Fluor creates a relaxed condition. This can lead to a hardening or swelling of the tissues. Such a disturbance causes the enlargement of blood vessels that appear as hemorrhoidal tumors, enlarged veins, vascular tumors, and swollen and hardened glands. Calc Fluor is useful in treating many ailments of the bones and teeth and is useful in treating diseases of the skin and blood vessels. The restorative property of this remedy is in its ability to maintain elasticity of the tissues. Use it for uterine displacements, teeth loose in their sockets, sluggish circulation, muscular weakness, and ailments of tendons, ligaments, and fibrous tissue.

#### **2. Calc Phos or Calcium Phosphate**

Because it is a major constituent of bones, Calc Phos is also a chief builder of bone tissue, and the principal salt deficient in diseases of bone structure. There is a need for Calc Phos to promote healthy cellular activity and to restore tone to weakened organs and tissues. Give Calc Phos for its restorative powers after acute diseases and infections. It has the capacity to build up new blood cells and can therefore treat many forms of anemia. Calc Phos is the cell salt for being generally run-down. Use it for children who are not developing properly. Calc Phos is indicated in the elderly, where regenerative function decreases in the nervous tissue. Use it for infants' teething problems, inherited weaknesses, and disease tendencies. Calc Phos and Mag Phos are the two remedies for cramps and spasms.

### **3. Calc Sulph or Calcium Sulphate**

This remedy works well with Silica as a healer of wounds. As a skin remedy, it is important in the formation of new skin and as an eliminator of waste materials. Considered a great blood purifier and healer, Calc Sulph helps the liver with the removal of waste products from the blood stream. Use in cases arising from impurities in the blood stream, such as minor skin ailments, acne, and pimples during adolescence. It has a purifying and cleansing effect throughout the system making it important in the fight against new infections.

### **4. Ferr Phos or Ferrum Phosphate**

This is the primary biochemical first-aid remedy because it carries oxygen throughout the body and strengthens the walls of the blood vessels, especially the arteries. It is the cell salt most concerned with the blood. It can stop the flow of blood in abnormal hemorrhage. In conditions of fever and inflammation, there is usually a Ferr Phos deficiency.

### **5. Kali Mur or Kali Muriaticum**

Kali Mur is an essential part of muscles, nerve cells, blood, and brain cells. A deficiency causes fibrin be thrown off as a thick, white discharge. In chronic ailments it is especially helpful in treating severe inflammation. Kali Mur can help destroy waste material when the body is fighting off a fever or infection. Because it is a building agent, give this remedy to aid the process of convalescing and rebuilding health. Use for the first-aid treatment of burns, as a blood conditioner, and for such ailments as coughs, colds, chills, and bronchitis. The throat and Eustachian tube are the organs most influenced by Kali Mur.

### **6. Kali Phos or Kali Phosphoricum**

Kali Phos is the remedy for jangled nerves. It has become essential in the treatment of nervous conditions. Used around the world as a natural tranquilizer, it has helped people who have suffered from such problems as grief, despair, and sorrow for long periods of time. It is important in the treatment of irritating skin ailments, such as shingles. Kali Phos is a brain builder and the basis of brain or nerve fluid. Indications for this remedy are a lack of nerve power, prostration, nervous headaches, loss of mental vigor, depression, student brain-fog, rapid decomposition of the blood, as a stress remedy for shock.

### **7. Kali Sulph or Kali Sulphuricum**

It has a beneficial effect on the respiration of the body by working with Ferr Phos to help blood carry oxygen to all the cells. It also aids in conditions of the lungs, sinuses, and the bronchi. Known as the anti-friction cell salt, Kali Sulph acts like a lubricant of parts. Use this cell salt in

the late stages of all inflammations. Kali Sulph is very important for healthy skin. A deficiency of this remedy causes oil in the body to become thick and clog the pores, or present as a sticky, yellowish discharge from the skin, mucous membranes, or any orifice of the body. This oil substance can discharge from any glandular swelling, abscess, cancer, etc.

### **8. Mag Phos or Magnesium Phosphate**

This antispasmodic cell salt is a remarkable remedy. Its primary function is in correcting violent ailments, especially spasms. Being a nerve stabilizer, it reduces spasmodic darting pains such as those found in sciatica, or neuralgia. Mag Phos works well with Calc Phos for most kinds of cramps. Deficiencies of Mag Phos result in conditions such as flatulence, convulsions, and other nervous disturbances.

### **9. Nat Mur or Natrum Muriaticum**

This remedy regulates the degree of moisture within the cells. Exceptional dryness or excessive moisture in any part of the body usually shows the need for Nat Mur. The organs in the body most influenced by Nat Mur are the kidneys and sinuses. This remedy is an anti-histamine. It also relieves imbalances of the lymphatic system, blood, spleen, and the mucous membrane lining of the alimentary canal.

### **10. Nat Phos or Natrum Phosphoricum**

As a biochemical antacid, it regulates the acid-base balance in the stomach. Use Nat Phos when symptoms of acidity are present such as dyspepsia, digestive upsets, and heartburn. Another key function of Nat Phos is its ability to help in the assimilation of fats. Nat Phos is the principal remedy for ailments arising from an acid condition in the blood, such as rheumatism. It also acts upon the bowels, glands, lungs, and abdominal organs to bring the system back into balance.

### **11. Nat Sulph or Natrum Sulphuricum**

Nat Sulph acts to remove wastes from the cells. Use this cell salt when there are symptoms such as chills, malaria, influenza, watery infiltration, and other conditions where there is a need to regulate the excretion of superfluous water. Nat Sulph is also important as a liver salt. It controls the healthy function of the liver. This cell salt is also useful in the later stages of digestion.

### **12. Silica or Silica Oxide**

This remedy cleanses and eliminates waste. It helps the body to throw off non-functional organic matter, and is called the "homeopathic surgeon." Silica can create a passage to the surface of the skin and rid the body of impurities. It can often help with the healing process of abscesses and boils. Since Silica restores activity to the skin, and aids in the cleansing process, it helps to cure chronic skin conditions. Silica acts as an insulator for the nerves; influences the bones, joints, glands, skin, and mucous membranes; and is associated with ailments that create pus formation.

### **Using Cell Salts**

Take biochemical cell salts with perfect safety. They do not produce unwanted side-effects, conflict with other medicines, and are non-addictive. Even babies and small children can take them with complete safety. Cell salts are usually available from health food stores in the form of tablets. I offer on this website cell salts in liquid form making it easier to mix the different cell salts together.

All Written Materials Copyrighted ©1996-2007 Dr. Skye Weintraub, All Rights Reserved