



TISSUE SALTS (SCHUESSLER) 6X & 12X

Also known as Schuessler's Cell Salts, biochemic remedies comprise a therapeutic system introduced by William Heinrich Schuessler, M.D., in 1973. A physiological chemist and homeopath, Dr. Schuessler contended that disease is fundamentally caused by insufficiencies of mineral salts in the tissue cells of the body and that supplying these salts corrects the deficiencies and thereby ameliorates disease. Tissue salts are important for daily functioning, maintaining, rebuilding, and detoxifying the cells. They harmonize the bodily functions and improve the absorption of nutrients from food.

Calcarea fluorica (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.

Calcarea phosphorica (Calcium phosphate)

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).

Calcarea sulfurica (Calcium sulphate)

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.

Ferrum phosphoricum (Ferrum phosphate)

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.

Kalium muriaticum (Potassium chloride)

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.

Kalium phosphoricum (Potassium phosphate)

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.



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Kalium sulphuricum (Potassium sulphate)

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.

Magnesia phosphorica (Magnesium phosphate)

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.

Natrum muriaticum (Sodium chloride – salt)

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.

Natrum phosphoricum (Sodium phosphate)

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.

Natrum sulfuricum (Sodium sulphate)

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.

Silicea (Silicon dioxide)

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.