

Activate Your Health with Life Salts



Initiation Course in Using the Schuessler Salts

- Level 1 -

Trainer: Mirela Vicovan

2021

Content

1. Course Presentation.....	4
2. Module no 1: Introductory Concepts	5
2.1. <i>Health of the Cells.....</i>	5
2.2. <i>The Importance of Minerals.....</i>	5
2.3. <i>Doctor W. H. Schuessler’s Activity.....</i>	6
3. Module no 2: Types of Tissue Salts	8
3.1. <i>Tissue Salts</i>	8
3.2. <i>The Difference between Supplements and Tissue Salts</i>	9
3.3. <i>The Advantages of Using Tissue Salts</i>	10
3.4. <i>General Presentation of Doctor Schuessler’s Tissue Salts</i>	11
3.5. <i>Presentation of the Main 12 Tissue Salts</i>	14
3.5.1. No 1. Calcium fluoratum / Calcium Fluoride / Calc Fluor.....	15
3.5.2. No 2. Calcium phosphoricum / Calcium Phosphate / Calc phos.....	17
3.5.3. No 3. Ferrum Phosphoricum / Iron Phosphate Ferr phos.....	19
3.5.4. No 4. Kalium chloratum / Potassium chloride / Kali mur.....	21
3.5.5. No 5. Kalium phosphoricum / Potassium Sulphate / Kali phos	23
3.5.6. No 6. Kalium sulfuricum / Potassium Sulphate / Kali Sulph	25
3.5.7. Nr.7. Magnezium phosphoricum / Magnesiun Phosphate / Mag Phos.....	26
3.5.8. No 8. Natrium chloratum / Sodium Chloride / Nat Mur	28
3.5.9. No 9. Natrium phosphoricum / Sodium Phosphate / Nat phos	30
3.5.10. No 10. Natrium sulfuricum / Sodium Sulphate / Nat sulph	31
3.5.11. No 11. Silicon Dioxide / Silica	32
3.5.12. No 12. Calcium sulfuricum / Calcium Sulphate / Calc sulph	34
3.6. <i>Presentation of Tissue Salt No 13 – 27</i>	36
3.6.1. No 13. Kalium arsenicum / Potassium arsenite 12D.....	36
3.6.2. No 14. Kalium bromatum / Potassium Bromide 12D.....	36

3.6.3.	No 15. Kalium jodatatum / Potassium Iodide 12D.....	37
3.6.4.	No 16. Lithium chloratum / Lithium Chloride 12D.....	37
3.6.5.	No 17. Manganum sulfuricum / Manganese Sulphate 12D	38
3.6.6.	No 18. Calcium sulfidum / Calcium Sulphide 12D.....	39
3.6.7.	No 9. Cuprum arsenicosum / Copper Arsenite 12D.....	39
3.6.8.	No 20. Kalium aluminium sulfuricum / Potassium Aluminium Sulphate 12D	40
3.6.9.	No 21. Zincum chloratum / Zinc Chloride 12D	40
3.6.10.	No 22. Calcium carbonicum / Calcium Carbonate 12D	41
3.6.11.	No 23. Natrium bicarbonicum / Sodium Bicarbonate 12D	41
3.6.12.	No 24. Arsenum jodatatum / 12D	42
3.6.13.	No 25. Aurum chloratum natronatum 12D.....	42
3.6.14.	No 26. Selenium 12D	42
3.6.15.	No 27. Kalium bichromicum / Potassium Dichromate 12D	43
3.7.	<i>Salt Combinations</i>	43
3.7.1.	Combo D. Skin disorders.....	43
3.7.2.	Combo H. Hay fever	44
3.7.3.	Combo J. Congestion	44
3.7.4.	Combo K. Weak and brittle nails.....	44
3.7.5.	Combo Q. Sinus disorders.....	44
3.7.6.	Combo R. Painful teeth.....	45
3.7.7.	Combo U. Calcium absorption	45
3.7.8.	Combo 5. Nervous tonic (Phosphates).....	45
3.7.9.	Combo 12. All 12 tissue salts	46
3.8.	<i>Tissue Salts for Children</i>	46
3.8.1.	Combination no 1: Be Calm	47
3.8.2.	Combination no 2: Cold and Cough Relief.....	47
3.8.3.	Combination no 3. Healthy Appetite	48
3.8.4.	Combination no 4. Healthy Skin.....	48
3.8.5.	Combination no 5. Pain and Fever Ease	49
3.8.6.	Combination no 6. Strong Bones and Teeth.....	49
3.9.	<i>Schuessler Salt Creams</i>	49

3.9.1.	Cream no 1. Calcium fluoride	50
3.9.2.	Cream no. 2. Calcium phosphate	50
3.9.3.	Cream no 3. Iron phosphate	51
3.9.4.	Cream no. 4. Potassium Chloride	51
3.9.5.	Cream no 5. Potassium Phosphate	51
3.9.6.	Cream no 6. Potassium Sulphate	52
3.9.7.	Cream no 7. Magnesium Phosphate	52
3.9.8.	Cream no 8. Potassium Chloride	52
3.9.9.	Cream no 9. Sodium Phosphate	53
3.9.10.	Cream no 10. Sodium sulphate	53
3.9.11.	Cream no 11. Silica.....	53
3.9.12.	Cream no 12. Calcium sulphate.....	54
3.10.	<i>Our Production Method of the Schuessler Tissue Salts</i>	<i>54</i>
4.	Module no 3: Ways to Use Tissue Salts	55
4.1.	<i>The Main Actions of the Tissue Salts</i>	<i>55</i>
4.2.	<i>Signs of the Mineral Imbalance.....</i>	<i>56</i>
4.3.	<i>General Rules for Administration</i>	<i>58</i>
4.4.	<i>Tissue Salt Combinations for Treating Certain Disorders</i>	<i>59</i>
4.4.1.	General disorders	59
4.4.2.	Women’s disorders	71
4.4.3.	Childhood Illnesses and Disorders	73
5.	References.....	77
6.	About the Trainer	78

1. Course Presentation

Objectives

The aims of this basic level course on Schuessler Salts and their use are that participants:

- become aware of the importance and functions of Schuessler Salts in maintaining the health of the human body;
- get to know the characteristics of the 27 Schuessler Salts and their combinations, their effects and the main signs showing the lack of these salts in the organism;
- learn the basis of using and administering these salts.

The target group of this course

This course is an initiation in the awareness on, knowledge and use of the Schuessler Salts. In order to attend this course, you are not required to have any previous related qualifications, knowledge or previously attended courses. The course is aimed to:

- the large public interested in maintaining and improving their own and their family members' health;
- therapists from all fields interested to extend their knowledge and diversify their tools used in the therapeutic process; this course allows them to take the first step in the field of using tissue salts.

Knowledge acquired by the end of this course

By the end of this course, participants will acquire the following knowledge and abilities:

- Understanding the importance and beneficial influence of tissue salts on the human organism;
- Knowledge of the 27 tissular salts and their positive effects;
- Use salts for treating certain disorders;
- Use the salt combinations and tissue salt creams;
- Awareness of tissue salt remedies for some general disorders, as well as women's and children's disorders;
- Adding Healthy Life Schuessler tissue salts to the practice of therapists, doctors, masseurs and increasing their income.



2. Module no 1: Introductory Concepts

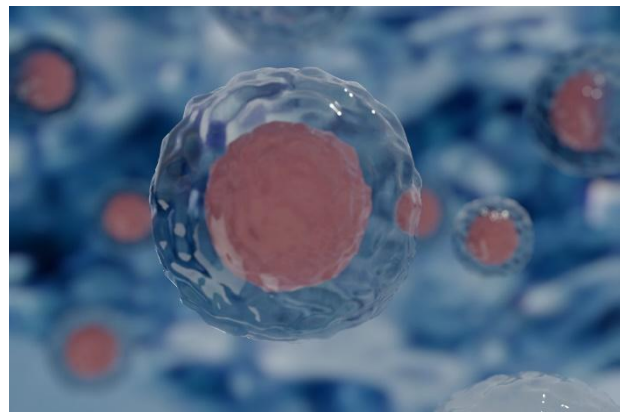
2.1. *Health of the Cells*

Our health is dependent on the state of our cells because our body is formed of 50 to 100 trillion cells. Each cell works to combine oxygen and carbohydrates, fats and proteins to release cellular energy needed for the functioning and renewing of the cells. The problem that could appear is the impossibility to replenish the minerals the body uses for its everyday functioning.

Our cells are the simplest form of manifestation of living matter and are the construction blocks of life. They assimilate nutrients, convert them in energy and eliminate waste. Disease starts in a single cell.

Disorders in cells are caused by negative stimuli such as:

- bad diet,
- lack of movement, oxygen or water,
- pollution and electric smog,
- stress,
- bacteria or viruses.



2.2. *The Importance of Minerals*

Our body contains organic and inorganic matter. The organic matter is represented by carbohydrates (sugars), lipids (fats) and proteins, while inorganic matter consists of minerals and water. Organic and inorganic matter work together and support the growth and development of all systems of the body.

The cells of the human body assimilate nutrients and convert them into energy and eliminate waste. Each cell combines the oxygen with carbohydrates, fats and proteins to release energy for the individual cellular functions and the renewal of cells. Disease starts in one single cell. If we are not able to replenish our body with minerals it needs for its daily functioning of the cells, problems may appear. When there is a lack of minerals and tissue salts in the body, vitamins are useless because they cannot be absorbed properly without the presence of salts.

Minerals are the most important inorganic components of the human body, being transported to and from different types of tissues. They are essential elements for a healthy structure of the tissues such as bones, skin and teeth. They help to maintain the acid-alkaline balance to keep the pH of the body neutral, this having a crucial role for the immune system and pain management. They also help to regulate body processes, such as the enzyme system. Minerals are also important for the transmission of nervous impulses. They help to release a sufficient quantity of energy from the food we ingest.

Negative stimuli that affect the organism cause a blockage in the cell regulation process that can be corrected with salts. This will put in motion the process of healing through the regulation of mineral levels in the cells.



Tissue salts help to treat acute and chronic disorders of any type. They stimulate cell metabolism, supply cells with minerals and ensure that minerals are integrated from food and distributed equally among cells. Internal power starts at cellular level. Only when our cells are healthy and the cellular metabolism is optimised, we can maintain our internal power and develop a stronger immune system.

A proper balance of minerals is necessary for the normal functioning of the cells and maintaining the body's health. It is important to supplying the cells with essential nutrients in the form of mineral salts they lack. When the blood lacks the required nutrients, cellular activity starts to decline and our body becomes prone to diseases.

2.3. Doctor W. H. Schuessler's Activity

According to the German doctor (19th century) W. H Schuessler, our body is formed by water, organic components (the most part of our physical body) and inorganic substances or minerals. Inorganic mineral elements that are necessary to activate other substances replace the cells that are in decay. Small, minimal quantities of these inorganic active minerals are transported through the blood to all the parts of the body. If the blood lacks the necessary quantities of these minerals the cell reconstruction process is perturbed and the body cannot get healthy. This principle of the science was called biochemistry – the chemistry of life tissues. In 1821, Dr Schuessler studied the function of what he considered to be the main inorganic micronutrients of the organism and discovered that there were 12 mineral components

required for an optimal health. He named these components Tissue Salts and established that they had a catalytic effect on the biochemistry of the organism.

Dr. Schuessler also established five principles for recovery and getting healthy:

1. Illness doesn't appear if the cellular metabolism is normal.
2. Cellular metabolism is normal if cell nutrition is adequate.
3. Nutrients are either of organic or inorganic nature.
4. The cells' capacity to assimilate, excrete and use nutrients is affected if there is a deficiency in the inorganic mineral components (tissue salts) of cellular tissues.
5. Adequate nutrition can be re-established and the cellular metabolism can be normalised through the supply of tissue salts necessary for the organism in a finely divided assimilable form.



Wilhelm Heinrich
Schuessler 1821–1898

He also described the type of symptoms that can be present when there is a deficiency of the different tissue salts and was able to determine what tissue salt to recommend. Common problems, such as cold, influenza, gastrointestinal disorders, skin problems, slow healing of wounds, eye and ear infections, etc. can be effectively treated by re-establishing the biochemical balance.



3. Module no 2: Types of Tissue Salts

3.1. Tissue Salts

Tissue salts were first developed by the German doctor Wilhelm Schuessler who said that deterioration of the state of health was determined by the lack of balance between the twelve salts vital to cells and these unbalances may be corrected using easily absorbed micro-doses prepared by a homeopath.

Schuessler tissue salts, also known as biochemical or cellular salts, are micro-doses of the 12 essential minerals that our body needs to mend and maintain itself in its best form.

Dr. Schuessler presented these salts prepared with a homeopathic process more than 130 years ago. Today, they are available in most parts of the world; persons and families use them as simple home treatments for a large scale of problems.

Tissue salts are vital building blocks of the organism. They are vital cellular nutrients. They are inorganic mineral substances, the same substances that make up the earth and its soil. Any deficiency and unbalance in these nutrients can lead to illness.

The main characteristics of tissue salts are:

- are mild;
- are quickly absorbed;
- come from nature;
- have a pleasant taste;
- have or do not have lactose;
- are easy to carry in a bag or any kind of luggage;
- they are not toxic and do not cause any kind of dependency;
- are completely secure and do not produce secondary effects;
- can be used safely in combination with prescribed medication;
- are compatible with any kind of treatment;
- are suitable for any person, from young children to grownup persons, babies, pregnant women, senior people, animals.

Tissue salts are most frequently in the form of tablets having a lactose-calcium base. They can also exist as oral spray suitable for those who have lactose intolerance, as well as creams (ointments). Our version is that of oral spray and creams.

They can be used as individual salts (most commonly with 6X (6D) or 12X (12D) potency or other potencies. As individual or combined and easy to use salts they, are an ideal supplement for any person.

3.2. The Difference between Supplements and Tissue Salts

Tissue salts are often mistakenly named tissular supplements, although they are different from the supplements.

One of the main differences is the dosage. Supplements have higher dosage to supplement the diet with elements the body does not receive through nutrition, while tissue salts use small dosages to stimulate cell functions and help to obtain the necessary nutrients from our food intake. Tissue salts are administered using the same dosage that the organism uses to obtain minerals in and from cells.

Another difference is represented by the combination of minerals. Supplements are in combinations that the organism has to build in other combinations. Tissue salts are in the exact combination the organism uses to accumulate substances. They decompose and metabolise food and create chemical reactions so that the organism can function well and activate the biochemistry of the body. As a result, they are called biochemical or tissue salts.

The supplements and tissue salts are absorbed in different ways in the cells. For the minerals to get into the cells where they can have the greatest impact they must be in the correct proportion or dosage. If we take too many minerals, the minerals cannot get into the cells. Tissue salts do not go through the digestive tract (this is excellent in case of irritable bowel syndrome or other digestive disorders); they are absorbed in the bloodstream through the mouth mucosa and help the body to obtain what it needs from the food.

Tissue salts are in the form in which the body uses minerals and thus the body doesn't have to decompose or build them.

Tissue salts cannot be overdosed. If a person uses supplements for a longer period of time without any monitoring, they can develop an excess of minerals that might create different health problems. This cannot happen with tissue salts. They are in a sufficiently small dosage to not cause any harm but in a sufficiently high dosage to directly enter into cells and solve the mineral deficiencies.

3.3. *The Advantages of Using Tissue Salts*

A suitable mineral balance is necessary for the normal functioning of the cells and for maintaining good health. It is possible to restore the body's health by giving the cells the needed nutrients (mineral salts) they lack. When the blood doesn't have the needed nutrients, we have a reduced metabolism and the body becomes prone to disease. Minerals are basic elements in the body's functioning and health.

The vitamins are often useless without the presence of associated minerals, because minerals are not absorbed when there is a lack of tissue salts. The correct nutrition can be supported by supplying the deficient minerals in a form that allows easy assimilation.

Tissue salts are important for our health because:

- Tissue salts support the healing processes in the body by regulating the level of minerals in the cells.
- They help to treat acute and chronic disorders of any type.
- They maintain at a sufficient level the essential cellular metabolism for the good functioning of the cells.
- Ensure that the minerals ingested with food into our body are distributed uniformly in the parts of the body that most require them.
- They increase the effectiveness of mineral and supplementary nutrient absorption.
- Tissue salts rapidly replace lost minerals the organism needs. Soils are exhausted of minerals that stimulate health. Chemical fertilisers are used to support vegetal crops and as a consequence we cannot get the needed minerals from our food. This is the main reason we need tissue salts.
- Tissue salts reduce stress, panic, fear and excess emotions and free us of the tension these emotions generate.
- We don't eat healthy food any more. Convenient food, fast food and processed food generate appetite and we indulge in consuming these types of food. The result is precarious health and a continuously increasing need for organic food and tissue salts. When vitals minerals are not supplied any more, our ability to resist to diseases and disorders decreases. These conditions can be improved by using tissue salts.
- Tissue salts build up the exhausted immune system and the brain.
- They increase our resistance to infections, help with replenishing the lost minerals contributing to rebalancing our immune system.
- Tissue salts are the most incredible anti-aging factors. No one can allow themselves to neglect this, as the aging process starts accelerating after the age of 50 and reaches its highest speed after 75.

- Tissue salts revitalise the body. Fatigue and exhaustion are common in our daily lives, but tissue salts can help our organism to recover and be revitalised directly. They have an almost immediate calming effect.
- Tissue salts have a profound effect in a natural way and without secondary effects. They are rapidly absorbed, aren't toxic, do not create dependencies and can be taken together with prescribed medications.

3.4. *General Presentation of Doctor Schuessler's Tissue Salts*

There are 27 tissue salts in total, but the first 12 are the most important and the most widely used. They can be used individually or in recommended combinations to treat a large variety of disorders.

There are two types of numbering of the salts with small differences between them presented at the end of this chapter. Tissue salts have various names; you can learn and use whatever names you prefer.

Tissue salts are biochemical remedies prepared through the homeopathic process of trituration or dilution. One part of pure mineral salt is added to nine parts of lactose (the sugar from the milk). One part of this mixture is added again to nine parts of lactose and it becomes what we call the 2X (or 2D) potency. The solution is further diluted until it becomes the 6X (or 6D) potency, representing the quantity of substance that is easily absorbed directly into the bloodstream through the mouth mucosa. When the decimal scale is used the express potency, homeopathic remedies are diluted ten times, each time when a higher potency is required.

In Asia and the US these potencies are specified using the number indicating the potency followed by letter X. In Continental Europe the letter D is preferred instead. For example, the potency of a remedy on a decimal scale is indicated by 6X in the US or Asia or by 6D in Europe.

The tissue salts may be available as tablets, pellets, spray or granules. They are left to dissolve in the mouth, under the tongue. In this way, the salts are immediately absorbed and the biochemistry of the organism is quickly restored.

Tissue salts do not require digestive decomposition meaning that they are safe and secure even for the persons who suffer from stomach or digestive problems.

„Even with a balanced diet, rich in vitamins, minerals and trace elements, sometimes the organism is not able to assimilate these substances. In this condition, tissue salts in their potentiated state are capable to “close the gap” and eradicate the cellular unbalance that could stop the nutrition process... Then, the body should be able to obtain all the nutrients that

it requires from the consumed food... from the digestive process. Tissue salts do not require any decomposition and are immediately assimilated, which is the key of nutritional biochemistry.” J. Jacka (2008).



The list of the 27 Schuessler tissue salts: (in brackets the other way of numbering the salts)

No 1. Calcium fluoratum 12D	(nr. 1)
No 2. Calcium phosphoricum 6D	(nr. 2)
No 3. Ferrum Phosphoricum 12D	(nr. 4)
No 4. Kalium chloratum 6D	(nr. 5)
No 5. Kalium phosphoricum 6D	(nr. 6)
No 6. Kalium sulfuricum 6D	(nr. 7)
No 7. Magnezium phosphoricum 6D	(nr. 8)
No 8. Natrium chloratum 6D	(nr. 9)
No 9. Natrium phosphoricum 6D	(nr. 10)
No 10. Natrium sulfuricum 6D	(nr. 11)
No 11. Silica (Silicon Dioxide) 12D	(nr. 12)
No 12. Calcium sulfuricum 6D	(nr. 3)
No 13. Kalium arsenicum 12D	
No 14. Kalium bromatum 12D	
No 15. Kalium jodatum 12D	
No 16. Lithium chloratu 12D	
No 17. Manganum sulfuricum 12D	
No 18. Calcium sulfidum 12D	
No 19. Cuprum arsenicosum 12D	
No 20. Kalium aluminium sulfuricum 12D	
No 21. Zincum chloratum 12D	
No 22. Calcium carbonicum 12D	
No 23. Natrium bicarbonicum 12D	
No 24. Arsenum jodatum 12D	
No 25. Aurum chloratum natronatum 12D	
No 26. Selenium 12D	
No 27. Kalium bichromicum 12D	

3.5. Presentation of the Main 12 Tissue Salts

The main 12 tissue salts and their functions are summarised in the table below:

No	Name of the salt	Short name	Main function / use
1.	Calcium fluoratum	Calc Fluor	Elasticity / Remedy for veins
2.	Calcium Phosphoricum	Calc Phos	Health of bones / Structure / Regeneration
3.	Ferrum Phosphoricum	Ferr Phos	First aid salt / Remedy for fever
4.	Kalium chloratum	Kali Mur	Glandular tonic / Remedy for inflammations and mucous membranes
5.	Kalium phosphoricum	Kali Phos	Nerve tonic
6.	Kalium sulfuricum	Kali Sulph	Skin salt / Metabolic remedy
7.	Magnezium phosphoricum	Mag Phos	Muscle and nerve relaxant / Remedy for cramps
8.	Natrium chloratum	Nat Mur	Fluid balance / Remedy for blood and fluid regulation
9.	Natrium phosphoricum	Nat Phos	Acid neutraliser / De-acidification of the organism
10.	Natrium sulfuricum	Nat Sulph	Water eliminator / Purification
11.	Silicon Dioxide	Silica	Cleanser and conditioner / Remedy for connective tissue and pus
12.	Calcium sulfuricum	Calc Sulph	Blood cleanser / Remedy for suppurations

Tissue salts no 1, 3 and 11 are usually available in 12D (12X) potency, the other salts in 6D (6X) potency.

3.5.1. No 1. Calcium fluoratum / Calcium Fluoride / Calc Fluor

Function: Hardening of tissues; Important substance for skin and ligaments; Useful for treating bone and tooth disorders.

Key words: Elasticity, flexibility, resilience; Tonifying; Hardening

It can be found in: Bond surfaces, connective tissues, teeth's enamel, fibres of skin, muscular tissues, walls of blood vessels

Zodiac sign: Cancer

As the main ingredient in the connective tissues of the organism, Calc Fluor is the most important salt for treating skin and blood vessel disorders. Calc Fluor is abundant in bones and teeth, the walls of blood vessels, muscles and the connective tissue. It is a component of the bone surfaces and teeth enamel. It is one of the main ingredients of the elastic fibres of the organism. It is a chemical union between lime and fluoric acid.

The main role of Calcareo Fluorica is to form a hard coating over the bones made up by Calcareo Phosphorica and acts as a binder of the muscles at the level of bones. It is a natural producer of flexibility and elasticity.

Recommendations:

- unreasonable fear
- restless sleep and lack of rest
- vision deficiency
- cataract in elderly person
- hearing impairment that appears with aging
- hardening of tissues and glands
- sturdy, hard goitre
- cracked tongue
- bones and teeth disorders (such as caries)
- extremely sensitive gums
- deposits on bones (i.e. ganglion, spurs)
- slipped discs
- joint problems
- sensitivity to moisture and foggy weather
- hip and knee problems
- rachitis
- shabby joints
- reduced elasticity of blood vessels (atherosclerosis, haemorrhoids, varicose veins)
- prolapsed organs
- sensitive coating of bones



- hard warts
- flat feet
- weak connective tissues

System disorders:

- **Lymphatic system:** Hardened lymphatic nodules
- **Eye:** Blurred visions at short distance, squint, corneal problems
- **Glands (all):** Hardening
- **Blood vessels:** Varicose veins, haemorrhoids
- **Urinary system:** Prolapse of the bladder
- **Teeth:** Caries, enamel defects, loose teeth
- **Reproductive organs:** Uterine prolapse, perineal care before birth, phimosis.
- **Locomotor apparatus:** Shortened, stretched, torn ligaments, ganglion, flat feet, fallen arches, spurs on the heel
- **Skin / Appendage organs / mucous membranes:** Cracks in the tongue, cracked lips, cracked heels, excessive calluses, chapped skin, scars, stretch marks during pregnancy, white scaly skin, loose skin, soft fingernails, fingernails splintered like glass, thin hair, ensures tissue elasticity when the tissues are lax or excessively stiff, skin fissures, hardened and thick skin.

External use:

- weak ligaments
- haemorrhoids
- calluses
- chapped skin
- nail adhesion
- scar tissue
- hardened glands
- hardened lymphatic nodes
- stretch marks during pregnancy (+Nr. 11)
- perineal care before birth
- loose skin.

Use for psychic:

This salt has a refreshing effect on the psychic and supports change, taking action, choosing a new path, looking at things from another perspective. It provides a feeling of security and safety. It can be used in the following situations:

- fear of failure
- psychical imbalance
- inner restlessness and nervousity
- restless sleep
- feelings of “being stuck” or floating, as “being uprooted”.

Main signs:

- Cracks / fissures / splits
- Many dental caries
- Prolapses
- Varicose veins, haemorrhoids

Persons having heart problems may find relief with Calc Fluor. Of course, heart problems can be severe and for this reason self-treatment is not recommended. Calc Fluor is an important ally in the general treatment plan.

Calc Fluor is recommended to overweight persons who should take it one hour before each meal alternating it with Calc Phos. These two tissue salts will have to assimilate starch and fats from meals. Diminishing these elements in the diet is very useful in order to lose weight.

3.5.2. No 2. Calcium phosphoricum / Calcium Phosphate / Calc phos



Function: Construction of cells; Important substance for protein metabolism and growth of bones.

Key words: Cell builder, supporting growth, general tonic, rehabilitation

It can be found in: Bones (structure of the body), teeth, connective tissue, blood cells, digestive juice.

Zodiac sign: Capricorn

Calc phos is important for the skeleton system, teeth and connective tissues. As a mineral compound, Calcium phosphate makes up half of the bone structure. As a tissue salt, it is naturally useful in healing

fractures, disorders of the digestive tract, cold and numbness due to poor blood circulation.

Deficiency of this salt in the organism is reflected in the blood in the form of reduced haemoglobin levels, lower blood pressure, lower number of red blood cells. Pain associated with lack of calcium phosphate tends to aggravate during the night.

Recommendations:

- disorders in the formation of bone coating and of teeth (rachitis)
- easily fractured bones, difficulties in the healing process of fractures
- disorders in blood production (anaemia)
- allergy to milk and all kinds of allergies
- eczema and rashes on the head
- quick exhaustion

- menstrual problems
- problems during pregnancy
- convalescence
- “schooling” headache
- nervousness
- need for spicy food (smoked food)
- bad breath in the morning
- chronically enlarged tonsils
- tendency to all kinds of infections
- lung diseases
- sensitivity to weather
- tissue damages after an illness
- leg cramps during the night without previous sprain
- heavy lameness
- numbness and tingling in hands and feet
- sickly tendency to sweating
- protein in the urine

System disorders:

- **Immune system:** Allergies; promotes regeneration (especially in elderly persons)
- **Nose:** Polyps, nose bleeding
- **Nervous system / Psyche:** Anxiety (cold sweating), sudden abundant sweating
- **Respiratory system:** Barking cough, croupy cough
- **Blood:** Blood cell formation, anaemia
- **Heart and circulation:** Low blood pressure, sensitivity to weather changes, irregular heart rate
- **Metabolism / Intestines:** Irritable bowel syndrome, calcium absorption, intestinal polyps
- **Urinary system:** Proteinuria
- **Locomotor apparatus:** Muscular tension, numbness with pins and needles, calf cramps, bone fractures, osteoporosis, growth pains, weakness of the spine and muscles, weak growth and development in children
- **Teeth:** Caries, white patches, tooth development disorders
- **Reproductive organs:** Substance used during pregnancy, uterine polyps.

External use:

- Barking cough
- Bone fractures
- General tension and tension in the neck
- Growing pains
- Pain at the place of old fractures
- Muscular cramps (+No 7)
- Baths.

Use for the psychic:

It strengthens the confidence and helps reducing environment induced stress; supports finding inner balance and increasing the power of being yourself. Brings clarity, order and structure in one's life. It is also recommended for children, pupils and students. It can be used in the following situations:

- restlessness,
- being frightened,
- dissatisfaction,
- nervousness,
- fatigue,
- for relaxation,
- to support a change process
- when a person is flabby and languid.

Main signs:

- Pregnancy and other rapid growth periods (childhood, adolescence);
- Growing pains;
- Chronic diseases, especially catarrh and glandular problems in children;
- Cranky, irritable children;
- Poor appetite;
- Albuminous discharge;
- Cramps, headaches amplified by cold weather;
- Low bone density and osteoporosis;
- White patches and cracked nails.

3.5.3. No 3. Ferrum Phosphoricum / Iron Phosphate Ferr phos

Function: Eliminates inflammations; Important in case of infections and injuries

Key words: First aid in the first phase of any inflammation or infection; redness, heat and inflammations.

Can be found in: Brain, heart, haemoglobin, blood vessels, liver, endocrine system, glands, intestine.

Zodiac sign: Pisces

Ferr phos can improve feverish conditions, especially when skin is hot and dry and the cheeks are red, situations when these states appear, congested and throbbing head.

Ferr phos is an oxygen supplier to the cells, therefore it is useful for anaemic states, especially when they appear after heavy bleeding. This tissue salt is important in the formation of haemoglobin, red cells, muscles and development of body structure.

Recommendations:

- fresh wounds, contusions, sprains, bleeding
- sudden infectious or feverish processes
- children's illnesses
- physical overload
- acute stomach problems with or without vomiting
- diarrhoea during the summer months
- rheumatic conditions
- circulation problems
- pains.



System disorders:

- **Immune system:** The main remedy! The first phase of any illness, low fever (up to 38.5°C), inflammations, weak immune system;
- **Sensory organs:** Earache, middle ear inflammation, reddening, pain (beating and pulsating), aching eyes;
- **Nervous system / Psyche:** Lapses of concentration;
- **Respiratory system:** Infections, inflammations; sore throat, laryngitis; colds;
- **Metabolism / digestion:** Regulates diarrhoea or constipation;
- **Blood:** Formation of haemoglobin and red cells; Oxygen absorption, blood loss (i.e. heavy menstruation); After accidents, it helps to stop bleeding and reduce swelling, heat, redness or pain;
- **Locomotor apparatus:** Injuries, sprains, contusions, pain, inflammation;
- **Skin / Mucous membranes:** Intolerance to sun; First phase of any inflammation when the skin or the mucosa is red, painful and swollen.

External use:

- Injuries
- Inflammations
- Sprains
- Contusions
- General redness
- Pains
- Burns (+No 8)

Use for the psychic:

The iron takes the oxygen to the lungs and releases toxins and negative energies through exhalation. It is useful in the following cases:

- nervousness
- concentration problems
- in case of increased sensitivity
- in case of mental overexertion

- in case of feelings such as “it stays in my throat” or “I feel that something is coming upon me”.

Main signs:

- First phase of any infection or inflammations
- Redness, heat and swelling in case of injuries
- Menstrual pains
- Blood loss
- Reddening of the face during menopause
- Fever and inflammation in children
- Cold, influenza, cough
- Growing of teeth.

3.5.4. No 4. Kalium chloratum / Potassium chloride / Kali mur

Function: Eliminates congestions and acts as a blood reconditioner; Important substance in case of glandular disorders and diseases.

Key words: Glandular tonic, removes congestion, clears the lymphatic system; used in the second phase of infections and inflammations.

It can be found in: brain, nervous system, muscular system, lungs, bronchi, mucous membranes and all the tissues except bones.

Zodiac sign: Gemini

Kali mur acts as a purifier of the blood when infections discharge a thick, white or grey mucous. It is useful in skin rashes and infections after the initial inflammatory phase.

This salt helps to maintain a proper balance of the fluids in the cellular tissue that helps prolongating the life of cells. Each time when there is an infection or fever, the fluid equilibrium is perturbed in the cells. The intake of this salt helps to strengthen the immune system to eliminate infection. This tissue salt also helps to reduce the accumulation of water outside the cells and thus supports the excretion of the supplementary water from the entire body showing its effect through the reduction of blood pressure.

Deficiency of this tissue salt in the organism is indicated by increase in leukocytes, fever, infection in any part of the body, oedema and swelling of any infected part.



Recommendations:

- catarrhs of different organs and mucous membranes with white, white-greyish, thick, slimy, viscous-fibrinous discharge
- stopping rhinitis, tonsillitis, measles, mumps, hoarseness, pertussis
- pneumonia and pleuritis
- bronchitis with tough mucous
- catarrh of the middle ear
- hearing disorders or deafness due to a chronic infection of the ear
- eye infection
- dry skin rashes
- warts (no. 4 internally and externally)
- tenosynovitis
- swollen joints
- chronic arthrosis
- rheumatism
- pain only at movements or deterioration at movements
- gout
- chronic bladder and kidneys infections
- chronic irritation of the appendix
- thick, black, tough blood
- haemorrhoidal bleeding
- voracious hunger with situation that improves with water intake
- chilblains
- after vaccination.

System disorders:

- **Immune system:** Allergies; "the second phase of an illness"
- **Ears:** Hearing disorders
- **Glands:** Main remedy! Regulates the general activity of glands
- **Blood:** Regulates fluidity
- **Blood vessels:** Varicose veins, spider veins
- **Respiratory system:** Bronchitis; Infections such as tonsillitis, cold in the head
- **Metabolism /digestion:** Protein metabolism – helps in the synthesis of proteins; Weak digestion that appears after consuming fat meals.
- **Locomotor apparatus:** Regenerates collagen fibres (ligaments, tendons); helps with injuries when swelling is present.
- **Skin / mucous membranes:** White warts, oil seeds, aphtha, white discharge of any mucous membrane.
- **Reproductive organs:** White discharge, excessive production of the uterine mucosa.

External use:

- oil seeds

- spider veins
- couperose
- varicose veins (+No 1, +No 9, +No 11)
- painful breasts (+No 3)
- warts (+No 10)

Use for the psychic:

If things hardly move, this salt offers the possibility of clarity and change. Supports the person psychically and emotionally. It is used in the following situations:

- feeling stuck or the feeling that nothing moves ahead
- detoxification for the psyche.

Main signs:

- White mucous discharge from anywhere
- White coating on the tongue
- Swollen soft glands in any part of the body
- Sub-acute persistent discharge
- Congestion and infection of the middle ear
- Warts.

3.5.5. No 5. Kalium phosphoricum / Potassium Sulphate / Kali phos

Function: Nutrient for the nerves; Important substance to strengthen the psychic; Controls the grey matter and the nervous cells.

Key words: Tonic for the nerves and the brain; Nutrient for nerves

It can be found in: nervous cells and brain cells; tissues and fluids; muscle cells, blood and extracellular fluid.

Zodiac sign: Aries

This tissue salt helps to relax the muscles. It is an ally in general strengthening, increasing the life of blood cells and the vitality of different body functions.

Deficiency of this salt is reflected in the loss of power, general weakness, continuous fatigue, psychical and physical weakness, depression, sleeping disorders, fear of exams, muscular weakness and difficulties in movement, numbness.

Recommendations:

- nervousness
- exhaustion
- depression
- melancholy
- hysteria

- lack of enthusiasm for intellectual activities (in case of students)
- weak memory
- nervous insomnia
- back pain
- muscle weakness
- heart problems due to nervous causes
- supports organic heart disorder treatment
- anxiety with palpitations
- in case of paralysis
- loss of blood
- weakness during infectious diseases (internal antibiotic)
- chronic conditions with putrid, badly smelling discharge
- deterioration of cells.



System disorders:

- **Immune system:** High fever
- **Nervous system / Psyche:** anxiety and nervousness, irritability or weak memory usually accompanied by fatigue; Emotional exhaustion, depressive states, burn-out syndrome; Fear of closed spaces; Emotivity, tearfulness; Insomnia caused by the thoughts running through one's mind; Physical disorders related to nerves, zona zoster and skin disorders with itching; Improves insomnia, asthma, headaches and indigestion if they are triggered by a temporary nervous tension attack; Nervous pains or spasms and cramps that are not improved by Mag phos.
- **Locomotor apparatus:** Weak muscles, damaged innervations, paralysis
- **Blood:** Formation of blood, septic conditions
- **Heart and circulation:** Weak heart, low blood pressure
- **Metabolism / digestion:** General tonic, malodorous diarrhoea
- **Skin / mucous membranes:** Bleeding gums, receding gums, bad breath, ulcerative stomatitis, wounds that heal slowly.

External use:

- Muscular exhaustion
- Feeling of paralysis
- Damaged nerves
- Wounds and malodorous discharges.

Use for the psychic:

It is useful for detoxifying the soul of highly stressful situations, fears, worries, hatred, envy. These feelings can lead to diseases in the organism. This is the main salt for manager diseases and for the burn-out syndrome. It is used in case of:

- agitation
- depression
- hysteria
- melancholy
- nervous and tearful states
- psychic overload
- claustrophobia
- dyscalculia
- dyslexia.

Main signs:

- Grey face with a shade of dirty grey as the face would be unwashed; this discolouration is visible on the chin but can affect the entire face;
- Sunken temples.

3.5.6. No 6. Kalium sulfuricum / Potassium Sulphate / Kali Sulph

Function: Cell oxygenation and skin salt; Important substance for liver and chronic diseases, main remedy in the third phase of an illness.

Key words: Conditioner for skin and mucosa, third phase of infection

It can be found in: liver, skin, mucosa, all cells that transform oxygen

Zodiac sign: Virgo

Potassium sulphate helps in case of skin and mucous membrane disorders and eliminates toxins from cells and tissues.

Recommendation:

- rhinitis
- runny nose with yellowish phlegm
- chronic catarrh
- catarrh - suppurating mucosa of the ear, throat, bronchi, conjunctiva etc.
- earwax
- gastrointestinal catarrh
- liver and kidney infections
- itching skin
- articular rheumatism
- promotes all detoxification and draining processes
- supports the healing process after measles and scarlet fever.



System disorders:

- **Immune system:** "The third phase of the disease".
- **Nervous system / Psyche:** Fear of closed spaces, fear of airless rooms.
- **Respiratory system:** "Thirst for air", asthma; sinus infections after the first stages with a yellow and thin secretion.
- **Metabolism / digestion:** Bloating, diarrhoea, stress on the liver, diabetes; Intestinal gas cramps and changing pain.
- **Locomotor apparatus:** Stiff muscles after exercising; Cramps that cannot be improved by Mag phos.
- **Skin / Mucous membranes:** Yellow, sticky and watery discharge frequent in the last stages of an infection; Patchy pigmentation, pigmentation disorders, moles; Chronic skin disorders; scaling of the skin.

External use:

- Patchy pigmentation
- General pigmentation problems
- Yellowish scales of the skin
- Brownish-yellowish secretion of mucous membranes
- Muscular stiffness.

Use for the psychic:

It is useful in the following cases:

- depression
- fear
- inner restlessness
- tension
- feeling of saturation ("I had enough") and feelings of "you poisoned my soul".

Main signs:

- Dry, scaly and irritated skin
- Psoriasis, eczema, dermatitis
- Tinea of the scalp.

3.5.7. Nr.7. Magnezium phosphoricum / Magnesium Phosphate / Mag Phos

Function: Important substance for the nervous system

Key words: Relaxant and nutrient for nerves and muscles. Calming and anti-spasmodic.

it can be found in: brain, spine, intestine, liver, lungs, pancreas, spleen, thyroid, nerves, muscles

Zodiac sign: Leo

Mag Phos is the main salt of the tissues that has to be taken into consideration for cramps and spasms in muscles and nerves. It rapidly reduces cramp pains and colic.

Recommendations:

- biochemical remedy for pains and cramps
- stomach, belly, gall and kidney colic
- menstrual disorders
- tightness around the heart (cardiovascular disease)
- insomnia
- migraine attacks
- teething problems in infants
- crampy cough in infants
- bed wetting during the night
- belly aches with diarrhoea
- ischemic lumbago
- tooth ache
- arteriosclerosis
- hemorrhoidal problems
- lowering the level of cholesterol.



System disorders:

- **Immune system:** allergies, weak immune system
- **Lymphatic system:** disorders in the lymphatic flux
- **Glands:** all kinds of disorders
- **Nervous system/ Psyche:** tension, stage fright, intense fear of failure, blushing, hectic blotches; tense headaches
- **Hormonal system:** menopause symptoms, testosterone deficiency
- **Metabolism / Digestion:** high level of cholesterol, flatulence, constipation
- **Heart and circulation:** irregular heartbeats and weak heat, arteriosclerosis
- **Reproductive organs:** painful and irregular menstruation, cramps, preparation for giving birth
- **Locomotor apparatus:** bone fractures, growing pains, growth disorders; cramps
- **Skin / Mucous membranes:** psychosomatic skin reactions, itching of the skin due to nervous causes.

External use:

- Colic flatulence (also in children)
- Painful and irregular menstruation
- Migraines starting from the neck (+ No 2, + No 3, + No 5); compresses.
- Nervous origin itching of the skin (also used as a bath).

Use for the psychic:

It is useful in the following cases:

- tense states
- fear of failure
- fear of exams
- fear of public appearance
- for sensitive persons
- feeling of “my head slaps”, “I stay with the fear in my heart” and “It tears my heart or soul apart”.

Main signs:

- Spasm, cramps, tension, nervousness;
- Nervous ticks and twitches;
- Sharp pains;
- Neuralgia and nervous pains;
- Headaches;
- Premenstrual syndrome and cramps;
- Colic and irritable bowel.

3.5.8. No 8. Natrium chloratum / Sodium Chloride / Nat Mur

Function: Water distribution; Important substance for mucous membranes and fluid balance

Key words: Water distribution, fluid balance.

It can be found in: extracellular fluids, bones and cartilage, stomach, kidneys

Zodiac sign: Aquarius

The main function of this tissue salt is to correctly distribute body fluids. If there is an excess of dryness or water retention, they indicate the need for Nat mur in the organism. The deficiency can manifest itself through appetite for salty food or a state of despair.

Recommendations:

- emaciation
- loss of appetite
- paleness
- anaemia
- watery nasal catarrh
- herpes
- excessive saliva secretion
- gastroenteritis with watery diarrhoea
- constipation
- lack of milk in women after giving birth
- weeping eczema
- headache



- migraine
- weak nerves and lack of motivation
- rheumatic pains

System disorders:

- **Mouth / Nose / Eyes:** Loss of smell and taste, dry eyes
- **Blood:** Formation of blood cells
- **Heart and circulation:** High blood pressure
- **Metabolism / Digestion:** Salivation, heartburn, mucous stools; Constipation; digestive problems
- **Skin / Mucous membranes:** General problems of the mucous membranes, watery and burning excretions, head cold, burns, skin with low level of moisture, insect bites (+ No 2); Blisters with water; hives, itching and dry eczema.
- **Urinary system:** Main remedy. Strong thirst, lack of thirst, kidney and bladder disorders
- **Locomotor apparatus:** Osteoarthritis, clicking joints, intervertebral disc problems, main remedy for gout (+ No 9)

External use:

- Burns
- Clear secretions of the skin or of the mucous membranes
- Intervertebral disc disorders
- Swollen knee joints
- Swollen tendons and ligaments
- Gout (+ No 2)
- Insect bites (+ No 3)
- In the form of drops for dry mucous membranes.

Use for the psychic:

It is useful in the following cases:

- lack of concentration
- pessimism
- old and painful problems
- sensitivity.

Main signs:

- Any clear, watery excretion
- Cold of the upper respiratory tract
- Hay fever with frequent sneezing
- Dry throat, split lips and loss of smell
- Cold
- Blisters with water
- Dehydration.

3.5.9. No 9. *Natrium phosphoricum / Sodium Phosphate / Nat phos*

Function: Neutralising acids; Important substance in case of hyperacidity

Key words: Acid neutraliser, acid-alkaline balancer. It is nature's anti-acid.

it can be found in: Fluid between the cells, muscles, nerves, brain

Zodiac sign: Libra

Nat phos is a tissue salt that neutralises the acid. It is useful for the acid stomach that causes nausea, gas, sour vomiting or a white, thick coating on the tongue. Because the excess of acidity is also the source of many arthritic problems (including gout), Nat phos is often useful in such cases.

Recommendations:

- gallbladder infections
- gallbladder, bladder and kidney stones
- problems after eating fat food
- acute and chronic diseases, especially in children
- sciatica, gout and rheumatism in elderly persons
- gastritis
- heartburn, acid vomiting
- fermented faeces
- tonsilitis and throat infections
- conjunctivitis
- jaundice
- acid, yellowish – honey coloured excretion.



System disorders:

- **Immune system:** Weakened immune defence, chronic illnesses.
- **Lymphatic system:** Main remedy for swellings.
- **Nervous system / Psyche:** Irritation, stress
- **Metabolism / Digestion:** Obesity, acid reflux, heartburn, travel sickness. It regulates the bile production and can be used in case of jaundice, gallbladder colic and indigestion resulting from rich and fat food.
- **Locomotor apparatus:** For athletes to break down lactic acid; rheumatism, gout, joint pains.
- **Heart and circulation:** Arteriosclerosis
- **Skin / Mucous membranes:** Acne, blackheads, pimples, oily skin, thrush, nappy rash, eczema.

External use:

- Dry skin
- Greasy skin

- Pimples, blackheads, acne
- Swollen lymph glands (+ No 12)
- Acid read spots (+ No 3).

Use for the psyche:

- apathy
- lack of energy and strength
- dissatisfaction
- restlessness
- the feeling of “I got sour”

Main signs:

- White, creamy coating at the edges of the tongue;
- Rheumatism, gout, arthritis;
- Kidney stones;
- Muscular stiffness;
- Dyspepsia;
- Reactions to greasy, fat food;
- Nausea, reflux;
- Bloating after meals.

3.5.10. No 10. Natrium sulfuricum / Sodium Sulphate / Nat sulph

Function: Fluid elimination and tissue salt for the liver;
Important for the liver and intestines

Key words: Fluid eliminator; cleansing the liver

It can be found in: Fluids of the organism

Zodiac sign: Taurus

Sodium sulphate regulates the distribution of fluids and the bile flux. This tissue salt is beneficial for the liver, pancreas, intestines and kidneys. In case of respiratory system, this salt can be considered for asthma caused by humidity. It can be used as a remedy for head injuries.



Recommendations:

- cold and flu
- in diseases of the excretory organs (liver, gallbladder, kidneys, bladder, intestines)
- constipation
- diarrhoea
- skin rashes
- old injuries

- ulcers in the upper part of the leg
- oedema
- rheumatism
- kidney sediments
- damages caused by excessive eating and poor quality food
- alcohol excesses.

System disorders:

- **Sensory organs:** Pressure in the ear
- **Metabolism / Digestion:** Main remedy for liver and intestines. Diarrhoea, constipation, type 2 diabetes, malodorous flatulence, hangover, formation of bile.
- **Urinary system:** Bedwetting, incontinence, urinary retention, swellings (legs, hands, upper eyelids, bags under the eyes).
- **Locomotor apparatus:** Pains in the limbs.
- **Skin / Mucous membranes:** Herpes, warts, fever blisters, itching (bites) frostbite, sun allergy, leg ulcers.

External use:

- Swollen legs
- Swollen upper eyelids (compress + No 12)
- Warts (+No 4)
- Sun allergy (+No 3)
- Frostbite
- Liver compress.

Use for the psyche:

- states of indifference and negativity
- feeling of “I am drowning”

Main signs:

- Liver disorders (alcohol, fat intolerance, nausea and vomiting, bloating);
- Food intoxication;
- Liquid retention and increased toxin levels, especially in legs;
- “Smoker’s tongue” of greenish toward dirty brown colour.

3.5.11. No 11. Silicon Dioxide / Silica

Function: Elimination of toxins and reorganisation of calcium; Important substance for the connective tissue

Key words: Cell cleanser and conditioner; calcium reorganiser and distributor

It can be found in: Connective tissue, skin, mucosa, nails, hair, cartilage and ligaments, blood and blood vessels, bile, bones and nervous cells.

Zodiac sign: Sagittarius

Silica is well known as a tissue salt for “baking” the infections and eliminating them at the surface. It acts as a blood cleanser. Silica supports the bone structure and the connective tissue. When the organism lacks it, the nails, hair and bones can become weak. Weakness and low resistance can appear in other parts of the body and this tissue salt should be considered if these problems are not solved and if injuries heal very slowly. It can also be used for weak memory and a state of absence, for neuralgia when Mag Phos does not solve the problem. In case of excessive or reduced sweating, this can be normalised with this tissue salt.

Recommendations:

- chronic and acute inflammations with any type of suppuration
- it ensures blood vessel wall elasticity in case of varicose veins and haemorrhoids
- fistulae, boils
- inflammations and hardening of the glands (also see no 1. – in case it is needed, they can be taken alternately)
- arteriosclerosis
- bone fistulae
- caries
- rachitis
- stye
- sticky tear duct
- teeth ulcer
- itchy skin
- hair loss until boldness
- malodorous sweat
- reduce uric acid in blood
- helps bruises to disappear more quickly



System disorders:

- **Sensory organs:** Eye oversensitivity to light, night blindness, hearing disorders, sensitivity to noise
- **Nervous system / Psyche:** Tics, restless leg, hypersensitivity
- **Cardiovascular system / Blood vessels:** Varicose veins, bruises (fragility of blood vessels)
- **Urinary system:** Kidney gravel
- **Locomotor apparatus:** Sciatica, rheumatism, gout, ligament problems
- **Skin / Mucous membranes:** Main remedy for the connective tissue, wrinkles, sweaty hands and feet, hair loss, stratified nails, haematoma (after acute injuries), suppuration under the skin.

External use:

- Suppuration under the skin
- Stretch marks in pregnancy, and prevention (+ No 1)

- Inguinal hernia
- Umbilical hernia
- Formation of wrinkles.

Use for the psychic:

- high sensitivity, depression
- overload
- helps to get unstuck
- maintaining the balance between giving and receiving if the person has the habit to overload themselves more than it is healthy
- accepting own strength and weaknesses.

Main signs:

- Hair loss, hair with split ends, weak hair growth;
- Fragile nails, nails with vertical marks;
- Skin rashes, pimples, abscesses;
- Tendency to the formation of scars and slowly healing skin;
- Abundant sweating, especially at feet;
- Problems with skeleton strength.

3.5.12. No 12. Calcium sulfuricum / Calcium Sulphate / Calc sulph

Function: Cleansing of the blood; Important substance for the permeability of the extracellular matrix.

Key words: Blood cleaning, resolves suppuration problems, dissolves discharge.

It can be found in: connective tissue, skin, blood, bile.

Zodiac sign: Scorpion

Calcium sulphate is a blood cleanser often useful in cases of acne, ulcer and wounds that have been infected. It closes and cleans an infection. This is a remedy for infections that heal slowly and when there is a yellow, thick and sometimes bloody secretion. Calc sulph can prevent cold and sore throat. The actions of this tissue salt are similar to a classical antibiotic but without its side effects. This salt can be administered in case of skin infections (such as boils, eczema), tumour, cyst and major infections in the body. It also helps with the rejuvenation of the entire body through improvements in blood circulation.



Recommendations:

- abscesses
- boils
- carbuncles
- chronic inflammation with suppuration of sinuses with stinky, bloody pus secretion
- tonsils with suppurations
- bronchial catarrh
- kidney and gall bladder infections
- anal fistulae
- chronic rheumatism
- insomnia
- weak memory
- dizziness

System disorders:

- **Immune system:** Chronic suppurations
- **Lymphatic system:** Tonsillitis
- **Mouth / Nose / Ears:** Chronic inflammation of the middle ear, chronic sinusitis, cold
- **Nervous system / Psyche:** After shock
- **Respiratory ways:** Chronic bronchitis
- **Locomotor apparatus:** Rheumatism, gout, locked spinal facet joints
- **Skin / Mucous membranes:** Cellulite, leg ulcers, abscesses, suppurating fistulae

External use:

- Open suppurations
- Congestion
- Leg ulcers
- Chronic sinusitis
- Cold
- Infant's bath after birth.

Use for the psychic:

- introverted persons
- feeling of isolation
- for persons who see the world in white and black
- feelings such as: "I had enough" or "I don't want to hear of anything and anyone".

Main signs:

- Skin rashes that can transform into ulcers or abscesses,
- Yellowish secretion of the mucosa, often with blood traces.

3.6. Presentation of Tissue Salt No 13 – 27

3.6.1. No 13. *Kalium arsenicum* / *Potassium arsenite* 12D

This tissue salt is present especially in the skin, but also in the brain, liver, nerves, reproductive organs and muscles.

They are most frequently used in chronic skin diseases that do not react well to other minerals. It can also be taken into account when other treatments do not work. A small dose is sufficient: 2-3 tablets per day. It can support treatment of nervous diseases, physical exhaustion, tumours and small nodules under the skin.

Examples for application:

- anaemia
- asthma
- bronchitis
- pharyngitis
- tonsillitis
- tinnitus
- rheumatic pain in the neck and back
- excessive sweating
- eczema
- cardiac insufficiency
- dry conjunctivitis.



3.6.2. No 14. *Kalium bromatum* / *Potassium Bromide* 12D

This salt is also connected to the skin and it is effective for chronic diseases. It has beneficial effects in case of age-related diseases. It supports the treatment after a cerebral vascular accident. It can be used for the nervous system, genital organs and problems of the mucosa.

Examples for application:

- acne
- bronchitis
- depression
- headaches
- gout
- inflammations
- menstrual problems
- neuralgia



- hiccups
- hearing and eye disorders
- thyroid
- psoriasis
- rosacea
- hypersensitive and dry skin
- insomnia.

3.6.3. No 15. *Kalium jodatatum* / *Potassium Iodide* 12D

This salt can be used to treat fungi and cough caused by inhaling fungal spores. It is useful for supporting the medical treatment of skin and mucous membrane fungi (i.e. candida-albicans infections) and hypertension. In general, it is useful in the treatment of chronic illnesses that do not react to other minerals; in these cases, it can be used as an intermediate remedy. Due to its content of iodine, it has a regulatory influence on the thyroid.

Examples for application:

- persistent acne
- anal fissures in children
- arthritis and arthrosis of the knee joints
- allergies
- back aches
- bladder diseases
- soft bones
- dental decay
- diarrhoea
- facial neuralgia
- tinnitus
- sciatica



3.6.4. No 16. *Lithium chloratum* / *Lithium Chloride* 12D

Lithium salts are used mainly for rheumatic pains because they influence the synthesis of proteins the body needs for the formation of tissues. Hence lithium is always indicated in case of emaciation and tissue atrophy. This salt is also useful in case of excessive skin growth and joint problems. Recent studies have demonstrated that lithium has an important role in increasing the defence capacity of the immune system.

This salt supports the medical treatment of cystitis, heart disorders and vision problems combined with rheumatic pains, respectively mental illnesses.

Examples of application:

- abdominal cramps
- uterus disorders
- arthritis in the hips, joints of fingers and foot
- bloating
- flatulence
- depression
- visual disorders
- migraines
- gastritis
- gout.



3.6.5. No 17. Manganum sulfuricum / Manganese Sulphate 12D

The manganese activates many enzymes in the body without which the functional processes of the body cannot take place. Together with the iron, manganese sulphate contributes to the generation of energy in cells. Hence, it can be used together with the iron phosphate because these two salts mutually support each other's effectiveness. Manganese and sulphate ions are involved in the formation of cartilage, bones and connective tissue.

In general, this salt is used in case of allergies and low defence level of the organism because it prevents histamine excretion in the body.

Examples of applications:

- anaemia
- arthritis
- arthrosis
- asthma
- growth disorders in bones
- cellulitis
- chronic catarrhs of airways
- cystitis
- depression
- discopathy
- dry mucous membranes
- ear and eye disorders
- fatigue
- gout.



3.6.6. No 18. Calcium sulfidum / Calcium Sulphide 12D

Calcium sulphide is recommended in case of all inflammations and infections accompanied by suppurations and in case of allergic diseases such as asthma. It helps hair and nail growth. It can support medical treatment of abscesses, eye injuries, elimination of mercury and heavy metals from the body, osteoporosis.

Examples of applications:

- chronic catarrh
- chronic hives
- chronic tonsillitis
- diarrhoea
- excessive sweating
- hay fever
- exhaustion
- purulent infections of the mucous membrane and skin.



3.6.7. No 9. Cuprum arsenicosum / Copper Arsenite 12D

The copper, similar to manganese, is essential for the activation of many enzymes in the organism. Copper deficiency or unsuitable absorption and distribution of it can cause imbalance in the iron metabolism, influences bones and causes anormal pigmentation of skin. Copper deficiency can result in prematurely grey hair. An excess of copper helps the development of liver disorders. The copper participates in the defence of the organism from infiltrated pathogens. In case of increased glandular metabolism (thyroid problems, defence of the organism, pregnancy) the level of copper is usually high in the blood.

This salt can be used in case of nerve problems, nervous pains, muscular cramps, if kidneys do not work well, when water accumulates in the body. Occasionally, this salt can be used in combination with Nat sulph (no 10).

Examples of application:

- anaemia
- slow recovery from an illness
- bronchitis with strong cough
- diarrhoea with cramps
- inflammation of the gastric and intestinal mucosa with cramps
- mental exhaustion.



3.6.8. No 20. Kalium aluminium sulfuricum / Potassium Aluminium Sulphate 12D

The aluminium has an astringent effect for the skin and mucous membranes. Bleeding of injuries can be stopped with the help of aluminium that causes blood vessels to contract. At the level of perspiratory glands, it reduces excessive sweating. In its non-potentised form acts against bacteria. For this reason, it is used in deodorants and antiperspirant creams. It destroys bacteria without producing their decomposition, thus preventing perspiration smells. It is also useful in case of injuries and swollen tissues.

It can also be used to support medical treatment of abdominal and intestinal colic with diarrhoea.

Examples for application:

- chronic pharyngitis
- constipation
- excessive sweating
- chronic inflammations of the gastro-intestinal mucosa
- sweating of feet
- weak memory at older age
- tear flow
- lack of concentration
- learning disorders
- urinary incontinence.



3.6.9. No 21. Zincum chloratum / Zinc Chloride 12D

Zinc is an important mineral that fortifies the immune system, but it is also useful in treating diabetes, skin disorders and mental afflictions. Zinc creams are used to treat skin disorders.

Other examples for application:

- acne
- back pains
- chronic eczema
- depression
- exhaustion
- nervous tics
- neuralgia
- mucous membrane disorders
- insomnia.



3.6.10. No 22. Calcium carbonicum / Calcium Carbonate 12D

At the beginning, calcium carbonate was used to treat gastritis and diarrhoea. In homeopathy this salt is used in case of skin and bone disorders, respectively when lymphatic glands do not work properly. Because it contributes to transmitting stimuli from nerves to muscles, it is useful in treating cramps and pains.

Examples for application:

- allergies
- anxiety
- bone growth problems
- infantile eczema
- menopausal disorders
- excessive menstruation
- muscular cramps
- nail growth problems
- neurodermatitis
- obesity.



3.6.11. No 23. Natrium bicarbonicum / Sodium Bicarbonate 12D

Sodium bicarbonate is a classic remedy. Biochemical salt no 23 in its potentiated form has the same effect but in a more subtle way. The common sodium bicarbonate can be used together with the tissue salt no 23 especially in cases of excessive acidity and in order to improve blood fluidity. It neutralises negative acids in the organism. Tissue salt no 23 can be uses especially in case of indigestion. Because it helps to separate uric acid, it can be used in the treatment of gout together with Silica D12 and Nat phos D6.

Other examples for application:

- anaemia
- chronic catarrh
- abdominal saturation after rich meals
- cold, sensitive and swollen feet
- flatulence
- irritation of the gastro-intestinal mucosa
- headaches
- heartburn
- insect bites
- loss of appetite
- metabolism disorders.



3.6.12. No 24. *Arsenum jodatatum / 12D*

This salt influences the strengthening of the lungs and supports the treatment of chronic skin diseases such as acne and watery skin rashes. It is also useful in cases of exhaustion after sever illness. It activates the defence system of the organism. The body needs iodine ions to produce thyroid hormones.

It can be used to support

- medical treatment of asthma and lung diseases that weaken the organism,
- treatment of ulcers and ulcer at the inferior part of feet.



3.6.13. No 25. *Aurum chloratum natronatum 12D*

This salt supports the functioning of pineal gland and can be used in case of sleep cycle disfunctions. Related to the secretion production of the pineal gland, the melatonin, the administration of this salt is recommended for chronic liver diseases. It is a stimulator of the immune system. It is suitable for allergies when other remedies do not bring results. It is a remedy for women in cases of hardening and inflammation of sexual organs and for myoma.

Other examples of applications:

- chronic inflammatory diseases such as rheumatism
- depressive states such as melancholy
- anxiety
- strengthening of the heart.



3.6.14. No 26. *Selenium 12D*

The selenium has its most important effects on the psychic. It is absorbed rapidly from food and soluble salts that contain selenium, while the absorption of the elementary selenium is very low.

In homeopathy, selenium is used in the following fields:

- chronic liver disorders associated with swelling and pain
- masculine sexual organ disorders
- exhaustion due to physical or intellectual work
- weak memory
- fatigue



- exhaustion due to headaches
- migraine or facial neuralgia
- skin and scalp disorders such as dandruff
- eczema
- hair loss
- psoriasis.

3.6.15. No 27. Kalium bichromicum / Potassium Dichromate 12D

This salt is essential for the metabolism. Potassium dichromate is an inorganic compound that doesn't appear in the human body in this form. It is a chromium compound with toxic and cancerous effects. Because of this, physiological needs of chromium cannot be satisfied by administering a chromium compound. Based on existing knowledge, potassium dichromate cannot be used as a functional remedy in biochemistry, hence there are no fields of application for this salt.

However, potassium dichromate is a *homeopathic remedy that has been tested and used* for a long time in the following fields:

1. skin and mucous membrane disorders,
2. inflammations of the upper respiratory airways (nose, sinuses, oral mucosa, throat and larynx),
3. headaches and migraines resulting from sinusitis or cold,
4. metallic sounding cough with tick phlegm,
5. mucositis of the gastro-intestinal tract that can cause ulcer.



3.7. Salt Combinations

3.7.1. Combo D. Skin disorders

Composition: Kali Mur (the second phase of inflammation), Kali Sulph (skin salt), Calc Sulph (blood purificator) and Silica (cell cleansing).

This is a skin treatment especially for any kind of acne, eczema and skin scaling. It is very effective for treating acne in teenagers. It can be used as a remedy for pimples taking on tablet (2 sprays) at every 30 minutes in the first 2 days, then at every 4 hours during the following 2 days, then three times a day for a week.



3.7.2. Combo H. Hay fever

Composition: Mag Phos (alleviates sneezing spasms), Nat Mur (improves water elimination) and Silica (cleanses cells).

It is used for allergic conditions that cause the inflammation of the nose, eyes and upper respiratory airways. It can be used to prevent spring allergies, if it is taken 6 weeks before the possible apparition of allergic attack. Taken every 4 hours, it helps to control hay fever symptoms.



3.7.3. Combo J. Congestion

Composition: Kali Sulph (the third phase of inflammation), Kali Mur (the second phase of inflammation) and Nat Mur (fluid balance).

It is useful in case of cough and chest cold. If the problem was not treated early with Combo T, Combo J can be used when the symptoms are stuffy nose, sneezing and catarrh build-up. It can stop the cold from moving to the throat and the chest.



3.7.4. Combo K. Weak and brittle nails

Composition: Kali Sulph (oxygenation of cells and tissues), Nat Mur (water distribution) and Silica (calcium reorganisation).

Weak and brittle nails often have as cause the inadequate nutrition, or low immunity, or the reduced level of oxygen that gets to the cells. A correct nutrition of cells will improve the quality of nails, hair and skin.



3.7.5. Combo Q. Sinus disorders

Composition: Ferr Phos (the first phase of the inflammation), Kali Mur (the second phase of the inflammation), Kali Sulph (the third phase of the inflammation) and Nat Mur (water distribution).

It helps to clear the catarrh accumulated because of the inflammation of mucous membranes. It often appears at a common cold or a weak infection that presented as a post-nasal drip.



3.7.6. Combo R. Painful teeth

Composition: Calc Fluor (improves the formation of enamel and strengthens the teeth and the gum), Calc Phos (helps the development of healthy teeth), Ferr Phos (reduces low fever and pain due to teeth growth), Mag Phos (sensitive teeth with sharp pains) and Silica (helps the gum to heal).

This combination was especially developed to reduce teething pain in children.



3.7.7. Combo U. Calcium absorption

Composition: Calc Phos (for general weakness), Calc Fluor (elasticity salt), Silica (places and maintains calcium in bones) and Nat Phos (improves the digestive process, thus also the assimilation of calcium).

It may help women to maintain the calcium in their bones. It improves the calcium absorption in bones and teeth, ensuring the absorption and maximum utilisation of calcium.



3.7.8. Combo 5. Nervous tonic (Phosphates)

Composition: The 5 phosphates: Calc Phos (general tonic), Ferr Phos (First aid salt), Kali Phos (nerve tonic), Mag Phos (relaxant for nerves and muscles) and Nat Phos (neutralisation of acids).

A remedy for all nervous disorders, including neuralgic pain and low energy level due to long term illnesses.



3.7.9. Combo 12. All 12 tissue salts

Composition: The 12 tissue salts

This is a useful general tonic for those who have their organism weakened by stress or chronic illness. It is useful for persons who cannot assimilate food. It is a nutritional tonic for people suffering from anorexia. It can also be used during convalescence for elderly people.



3.8. Tissue Salts for Children



In addition to the possibility of using individual salts and the combinations of tissue salts presented in the previous chapters as remedies for childhood diseases, there are a series of salt combinations especially prepared for children. These salts have a quick action in acute conditions, can be taken together with medicines, do not have known secondary effects, are effective and 100% natural and taste of strawberry/forest fruits.



3.8.1. Combination no 1: Be Calm

Composition: Kali Phos, Mag Phos, Ferr phos and Silica

Function: For children who have a high level of energy that could lead to potential dietary problems, respectively for hyperactive children and those who cannot concentrate during the day.

Application:

- Nervousness
- Painful nerves
- Irritability
- Sleep disorders
- Worry
- Relaxant for muscles and nerves



3.8.2. Combination no 2: Cold and Cough Relief

Composition: Kali Mur, Kali Sulph, Ferr Phos and Nat Mur

Function: For cold, sore throat, cough and chest problems during the winter; this combination of salts strengthens the immune system.

Application:

- Enlarged tonsils



- Bronchitis
- Loss of smell and taste
- Throat irritation and inflammation
- Acute and spasmodic cough.

3.8.3. Combination no 3. Healthy Appetite

Composition: Calc phos, Ferr phos, Nat phos and Silica

Function: When children do not eat sufficient fruits and vegetables necessary for the development of their immune and nervous system, these salts improve nutrient assimilation from food or natural supplements, and rebalance the cellular metabolism, also improving the appetite.

Application:

- Reduced appetite
- Reflux
- Vomiting
- Reduced nutrient assimilation from food
- Improving immunity
- Healthy cell construction



3.8.4. Combination no 4. Healthy Skin

Composition: Calc Fluor, Nat Mur, Nat Phos and Silica

Function: Improves general skin condition.

Application:

- Improves skin condition
- Dry eruptions
- Hives
- Burning and itchy skin
- Abscesses
- Pimples
- Boils
- Eczema
- Redness and itching
- Blotches and itching



3.8.5. Combination no 5. Pain and Fever Ease

Composition: Ferr Phos, Mag Phos and Nat Mur

Function: Fighting infections

Application:

- Congestion
- Fever
- Inflammations
- Pains and cramps
- Quick pulse
- Nervous pains.



3.8.6. Combination no 6. Strong Bones and Teeth

Composition: Calc Phos, Calc Fluor, Mag Phos and Silica

Function: Strong and healthy bones, healthy teeth. The calcium is important for having strong bones and healthy muscles. Magnesium that can also be found in bones, together with calcium contribute to the development of strong structures.

Application:

- Healthy bones
- Toothaches
- Malnutrition of bones
- Helps to build strong teeth
- Teething



3.9. Schuessler Salt Creams

Schuessler salt creams were created by adding Schuessler salts to a special creamy-watery base. They serve as an extremely effective remedy that penetrates deep under the skin and the body can absorb these minerals with ease and effectively. They contribute to ensuring the balance in the cells, both internally and externally. Salt creams are natural and gentle with the skin, repairing its deeper layers. In this way, they allow the acceleration of the recovery process.

For better results, creams can be used together with the tissue salts in form of tablets or spray.

Application method: a moderate quantity three times a day for at least one month or until the symptom disappears.



3.9.1. Cream no 1. Calcium fluoride

Function: *Firmness and elasticity*

Application:

- Scars with corns
- Nail growth disorders at hands and feet
- Wrinkles and stretch marks
- Corns on the hands and feet
- Cracked skin
- Hard warts
- Spider veins
- Weak ligaments and tendons



3.9.2. Cream no. 2. Calcium phosphate

Function: *For ligaments and bones*

Application:

- Growth pains in children
- After bone fractures (to support medical treatment)
- Pains around old fractures
- Skin rashes with white-yellowish crust
- Partial sweating (for example on the neck)



3.9.3. Cream no 3. Iron phosphate

Function: *For lacerations*

Application:

- Cuts
- Contusions
- Sprains, bruises
- Insect bites
- Sunburn
- Cracked and inflamed lips



3.9.4. Cream no. 4. Potassium Chloride

Function: *For skin irritations*

Application:

- Cold hands and feet
- Whitish, hard skin rashes with pale scaling, flourey skin (similar to flaky skin)
- Skin disorders with blister formation
- Soft corns
- Soft warts
- Sinusitis (applied on the forehead and the cheeks)
- Tendinitis



3.9.5. Cream no 5. Potassium Phosphate

Function: *Strengthening the muscles and nerves*

Application:

- Hives
- Muscular pains (i.e. after sport)
- Circular loss of hair
- Muscular cramps due to weakness or followed by weakness
- Neuralgia
- Exaggerated effort of calf muscles



3.9.6. Cream no 6. Potassium Sulphate

Function: *For chronic disorders*

Application:

- Acne
- Chronic sinusitis
- Chronic skin disorders
- General skin care
- Dry or tight skin that burns
- Flaky skin with itching
- Chronic arthritis (supporting medical treatment)



3.9.7. Cream no 7. Magnesium Phosphate

Function: *For cramps and pains*

Application:

- Neuralgia
- Burning, stinging, sagging and convulsive pain
- Pains in the hand with tingling sensation during the night
- Face and headaches (starting from the neck)
- Nervous trembling of limbs
- Muscular pains due to tension
- Pruritus



3.9.8. Cream no 8. Potassium Chloride

Function: *For regulating skin moisture*

Application:

- Swelling of the skin
- Dry skin
- Disorders related to burning (biting lacrimation or nasal secretion)
- Skin rashes with blisters with clear, watery content
- Cracked and dry lips
- Acne and persistent blackheads
- Skin rashes with increased sebaceous secretion
- Insect bites with inoffensive swellings and itching



3.9.9. Cream no 9. Sodium Phosphate

Function: *For oily skin*

Application:

- Greasy skin
- Acne with honey-yellow pustules
- Calluses
- Gout problems
- Infantile eczema



3.9.10. Cream no 10. Sodium sulphate

Function: *For dehydration*

Application:

- Oedema (for example in legs and feet)
- Bloating after meals (it is applied on the belly)
- Stomach aches accompanied by bitter taste (cataplasm is applied on the lower and middle part of the abdomen)
- Rosacea
- Weeping eczema
- Inflammation of the scalp
- Blisters with yellowish, watery content
- Skin rashes with yellowish – greenish crust



3.9.11. Cream no 11. Silica

Function: *For a beautiful skin and healthy joints*

Application:

- Small and inoffensive ulcerations such as acne pustules
- Limp, thin and wrinkled skin
- Fragile and badly grown finger and toe nails
- Stubborn calluses
- Infected paronychia
- Arthrosis (in support to the medical treatment)



3.9.12. Cream no 12. Calcium sulphate

Function: For ulcerous inflammations

Application:

- Chronic rheumatic disorders of the joints
- Ulcerous inflammations of the skin such as severe acne
- Sinuses with chronic inflammation
- Purulent chronic bronchitis (applied on the chest)



3.10. Our Production Method of the Schuessler Tissue Salts

Remedies based on tissue salts are produced through the extraction of small doses or energetic impressions from the mineral, botanical or biological substances.

Our method is an advanced magnetic method that functions through the incorporation of the energetic imprint of the natural ingredient in a solution of distilled water with steam and alcohol / pellets / granules. This technique creates extremely pure homeopathic remedies or tissular salts.



4. Module no 3: Ways to Use Tissue Salts

4.1. *The Main Actions of the Tissue Salts*

The main actions of the 12 tissue salts and the key words associated with each salt are presented in the table below:

Tissue salt	Function and main use
Calc Fluor	Elasticity; flexibility; tonifying; resistance of the muscular and connective tissue, bone, teeth enamel and blood vessel wall resistance.
Calc Phos	Cell builder, excellent tonic, developer and supporter for growth. Maintains body functions and helps the recovery. It is necessary for blood, connective tissue, teeth and bones.
Ferr Phos	“Life’s breath” – transport of oxygen; anti-inflammatory; anti-bleeding; cools the supra-heated inflammations. Helps the formation of red blood corpuscles and strengthens the blood vessels. A first aid remedy in the first phase of all kind of inflammations; it cannot miss from the emergency kit.
Kali Mur	A superb tissue salt for children, especially in case of childhood illnesses; hepatic function; decongestant; anti-inflammatory; solution for the second phase of inflammation; glandular tonic; conditioner for the blood and lymph; digestive. It is essential for the blood and nervous tissues.
Kali Phos	A nervous nutrient and natural tranquiliser; lifts the spirits and re-establishes a sensation of wellbeing; offers emotional balance; has calming effect; important for the heart, brain tissue and intracellular fluids.
Kali Sulph	A cellular oxygenator – with Ferrum Phosphoricum transports the oxygen; supports the hepatic function; works extremely well for skin disorders (such as eczema) and for calming the mucous membranes; cleans and eliminates mucous; the third stage of inflammation.
Mag Phos	Antispasmodic treatment, natural tranquiliser for cramps, an excellent nerve and muscle relaxant and nutrient; treats spasms, tensions, bladder stones, stress related pains and tensions.
Nat Mur	For heavy emotions, fury, anger, depression, irritability; it distributes water, for skin disorders, runny nose, hay fever and all mucous membrane disorders.
Nat Phos	Natural antiacid and regulator of the acid-alkaline balance; treats digestive problems, arthritic pains and stiffness. In general, elevates mood and helps releasing stress.
Nat Sulph	Natural diuretic and detoxifier; it is a hepatic decongestant and a regulator of body fluids of the entire metabolism.

Silica	Eliminates toxins from the tissues; eliminates suppuration and ejects foreign matter from the body; strengthens the connective tissue; supports the organism after excessive stress and overload; improves memory functioning and mineral assimilation; it is the perfect tissue salt for elderly people.
Calc. Sulph	Natural detoxifier and blood purificator; dissolves discharges, drains the tissues; heals and eliminates suppuration; very useful for the liver, gallbladder and blood.

4.2. Signs of the Mineral Imbalance

Minerals are the building blocks of all biochemical functions in the organism. The human body needs the adequate minerals for the chemistry to function. Both the lack of minerals and their excess can cause problems in the organism. Mineral supplements do not necessarily mean that the organism will get all the necessary minerals it needs and at the place where they are needed.

There are several ways for testing the level of minerals in the organism: hair analysis, blood tests, facial diagnostic, etc.

- **Hair analysis** shows what was in the body in the last 1-3 months.
- **Blood tests** show what circulates in the blood, but they do not show if that is on the way toward the cells or outside them.
- **Facial diagnostic** shows what minerals are defective and if the minerals enter the cells. In some cases, facial signs can change in a few minutes after the administration of the correct tissue salts.

Another way to establish the need for tissue salts of the organism is the analysis of dietary preferences that indicate what tissue salts the organism needs. Some typical nutritional preferences can indicate the lack of certain Schuessler salts.

The need for tissue salts can also be tested through bio-resonance using devices such as Rayocomp PS 1000 Polar Evolution.

The table below presents the most typical food preferences and the salts that should be administered.

Preference for	Tissue salt no
Sweets	7, 9, 11
Chocolate	7
Salty food	8
Spicy food	2, 8
Bitter food	10
Smoked food	2
Fast food	9
A lot of liquids	3
Hot drinks	1
Sweet drinks	9
Coffee	7
Alcohol	4, 7, 8
Aversion of:	
Milk	3, 1
Meat	3
Hot drinks	6
Hunger / Cravings	
Constant hunger	5
Constant cravings	7
Frequent cravings	8
Quick fullness	8
Symptoms that improve though food:	1, 12
Abstention from sugar	9
Deterioration due to:	
Food	3
Fat food	4, 9
Spicy food	4
Ready meals (processed food)	10
Coffee	2

Table: Corelation between food preferences and salt deficiencies

4.3. *General Rules for Administration*

Cellular salts are usually taken 4 times a day, 2 sprays for adults and 1 spray for infants and animals. The probability of success is higher when salts are taken with the recommended frequency and not sporadically.

Administration in the acute phase of an illness

In the acute phase of an inflammatory or infectious disease a higher quantity of salts is needed. For acute symptoms (sudden debut with more or less severe symptoms) it is necessary to take 2 sprays at every few minutes until symptoms improve. In case of acute symptoms in children aged between 0 and 6 years, one spray is administered at every 3 minutes until symptoms diminish; then 1 spray is administered 4 times a day.

Taking into account that salts are not chemical medicines, they do not produce secondary effects in case a higher dose is administered.

In case of symptoms that persist after a few days of administration of tissue salts, contact your doctor.

Administration in case of chronic illnesses

The body needs a much higher quantity to recover or rebuild more quickly, if it has a mineral deficit. In case of a chronic disorder, treatment lasts for a few months and salts are administered in smaller quantities.

Vitamins are useless without tissue salts. Minerals in rough state fill in the mineral reserves of the organism, but they do not improve the absorption in the same ways as tissue salts.

The recommended period of use of tissue salts is at least 1 to 3 months depending on personal needs; in some cases, it can be used for years, especially to create a lifestyle. The dosage is indicative and it can be personalised depending on the person's state of health and symptoms.

The general dosage is:

- Adults: 2 sprays 4 times a day
- Seniors: 2 sprays 3-4 times a day
- Children up to 6 years: 2 sprays 4 times a day
- Babies: 1 spray 4 times a day.

When the child does not cooperate in the administration of salts, they can also be administered on the skin on certain points of pulse using spray or cream.

If you use tablets, the dosage is half of the spray dosages.

4.4. *Tissue Salt Combinations for Treating Certain Disorders*

This sub-chapter presents the main remedies for some health issues, emotional states and the most frequently encountered symptoms. The dosage to be administered is presented both for spray and tablet form of the salts.

4.4.1. *General disorders*

Anxiety: Kali sulph 6D in the usual dosage until anxiety disappears

Anxiety, fear of exams

- Insomnia, restlessness, lack of concentration: Mag Phos 6D
- Restlessness, quick heartbeats, trembling: In the evening before the exam, before going to sleep: Mag phos 6D, 10 tablets / 20 sprays dissolved in a cup of hot water and sipped slowly. In the morning of the exam, if possible, on empty stomach: dissolve 10 tablets / 20 sprays of Kali phos 6D in hot water and drink the liquid as long as it is hot, sipping slowly.

Aphthae

- White or white-grey: Kali mur 6D
- Yellow: Nat phos 6D
- With light red colour edges: Kali phos 6D

Besides the salts, it is recommended to rinse the mouth with sage infusion.

Bone disorders

- Inflammation of the outer bone lining (periostitis): Silica 12D
- Bones that break easily, soft bones, osteoporosis, pains after fractures: Calc fluor 12D, Calc phos 6D and Silica 12D in rotation, 2 tablets / 4 sprays 2 times each during the day.
- Following fracture: Calc phos 6D
- Growing pains in hands and legs in children: Calc phos 6D; The cream helps the formation of bones – massage carefully twice a day in the affected extremities.

Burns

- Small burns with redness, swellings, blisters, pains, sunburns. As a first measure, let cold tap water to pour on the affected area to cool the place, but do not exaggerate. As a remedy use Ferr phos 12D, one tablet / 2 sprays every 15 minutes.
- If there are no blisters, use the cream no 3 Ferr phos applied repeatedly in a layer of 2-3 mm on the skin on the first day. On the second day, use no 6 Kali sulph 2-3 times.
- In case of blisters with clear liquid, only internally use Nat Clor 6D - 1 tablet / 2 sprays 6-8 times a day. Do not open the blisters.
- If white-grey scabbing is formed on the surface of the burns: Kali mur 6D - 1 tablet / 2 sprays 6 times a day. In addition, apply cream 2-3 times a day, or as a medicated plaster.

Caries

Strengthening the enamel of the teeth: Calc fluor 12D; for older children and teenagers 2 tablets or 4 sprays during several months (accompanied by a proper oral hygiene).

Cold, influenza, catarrh

- Lining of the mouth and throat are reddened and inflamed: Ferr Phos 12D
- White secretion or coating on the lining of the mouth: Kali mur 6D
- Transparent and foamy slime on the tongue and/ or on the lining of the mouth and throat: Nat mur 6D

Conjunctivitis

- Redness without secretion: Ferr phos 12D
- Inflammation of the conjunctiva with whitish secretion: Kali mur 6D
- Inflammation of the conjunctiva with watery secretion: Nat mur 6D
- Inflammation of the conjunctiva with purulent secretion: Nat phos 6D, if it doesn't improve, Silica 12D

Corns

- With white crust or deposit: Kali mur 6D
- With yellowish crust: Nat sulph 6D
- With inflamed edges and suppuration, and, in general, for sensitive skin: Silica 12D.

- Very hard corns: Calc. fluor 12D

Coughs

- Common cough: you have to follow the anti-inflammatory treatment (1st stage: Ferr. phos 12D one tablet / 2 sprays every few minutes until 15 minutes; 2nd stage: Kali Mur 6D 2 tablets / 4 sprays 6-10 times a day. In the transition phase between the 1st and the 2nd stage you can alternate Ferr phos and Kali mur by dissolving 1 tables / 2 sprays every 15 minutes; for children: 0.5 tablet / 1 sprays every 30 minutes. In the 3rd stage of the infection: Kali sulph 6D 2 tablets / 4 sprays 3 times a day; for children 1 tablet / 2 sprays 3 times a day until the symptoms disappear.
- Coughing attacks, usually occurring at night: More than 10 tablets / 20 sprays of Mag Phos prepared as follows: pour a cup of boiling water over the tablets and stir until the tablets are completely dissolved. Drink it every 30 minutes. In case of children use only 5 tablets / 10 sprays.

Cystitis

- On the first day: 1 tablet / 2 sprays of Ferr phos every 15 minutes;
- Starting with the second day: 1 tablet / 2 sprays of Nat phos 6D at every hour.
- If symptoms diminish, starting with the third day both salts can be taken alternatively 2 tablets / 4 sprays three times a day each until symptoms disappear.
- In case of chronic problems: Silica 12D.

Dandruff

- Tiny skin flakes: Nat sulph 6D
- Psoriasis that affects the scalp: Kali sulph 6D and hair pack using the following recipe: In the evening, dissolve 10-20 tablets / 20-40 sprays of Nat mur 6D in a tea cup of hot water; leave it to cool to body temperature; massage it into the hair, rap your head in a towel; wash your hair in the morning.
- Seborrhoea: Nat phos 6D in alternation with Kali sulph 6D.

Diarrhoea

- Diarrhoea with malodorous stool: Kali phos 6D
- Watery and thin diarrhoea in case of adults and children: Nat mur 6D one tablet / 2 sprays every 5-15 minutes

- Yellowish, watery diarrhoea: Nat sulph 6D
- Diarrhoea in the morning, after breakfast: Nat sulph 6D
- Thin, white diarrhoea: Kali mur 6D
- Diarrhoea with undigested pieces of food: Ferr phos 6D
- Diarrhoea with sour smell (often in infants): Nat phos 6D
- Watery diarrhoea with stomach cramps: Mag Phos 6D

Earache

- Pain, redness in the ear and impaired hearing: Ferr phos 12D, one tablet or 2 sprays every 15 minutes.
- If the auditory canal secretes yellowish fluid: Kali sulph 6D
- Inflammation with a sensation of pressure in the inner ear: Kali mur 6D alternately with Nat phos 6D, 1 tablet or 2 sprays every 15-30 minutes.

Feet - swollen

As a symptom of thin veins walls, the feet get swollen in hot summer weather or when standing for a long time.

- Remedy: Nat sulph 6D taken in the morning and in the afternoon, 5 tables or 10 sprays dissolved in a cup of boiling water. Stir and sip as it is hot. If the symptoms do not diminish, repeat the procedure several times on the same day.
- Additionally, use cream no 10 Nat Sulph lightly massaged in the inferior part of the feet.

Fullness and flatulence

- Fullness after a heavy, fat or late meal: Nat phos 6D, 5 tablets or 10 sprays dissolved in hot water, sipped while warm before going to bed and after waking up in the morning. Usually, there is no need to continue treatment.
- Pressure in the abdomen with a sensation of bloating, flatulence and the tongue having a slick and yellow coating: Kali sulph 6D - 1 tablet or 2 sprays several times during one hour until the symptoms improve.
- Stomach aches accompanied by belching: Mag Phos - 10 tablets or 20 sprays dissolved in a cup of hot water.
- Pain at the lower abdomen, difficulties in breaking wind: Nat sulph 6D, 5-10 tablets or 10-20 sprays dissolved in hot water and sipped slowly while it is still hot.

- Malodorous flatus: Kali phos 6D
- Acid diarrhoea: Nat phos 6D

Gum diseases

- Sensitive and pale gums: Calc phos 6D
- Gums with red edges and bleeding: Kali phos 6D
- Strengthening gums in case of periodontal diseases: Silica 12D and Calc fluor 12D, 2 tablets or 4 sprays of each, taken in alternation 2 times a day.

Haemorrhoids

Important: After each stool clean the anal area with pH-neutral liquid soap.

- Besides the tissue salts presented, treatment also includes proper anal hygiene, a diet rich in fibres, elimination of hot spices from the diet and exercise.
- To strengthen the veins: Calc fluor 12D used internally and externally – cream no 1 Calc fluor after each cleansing.
- Irritated and inflamed nodes: Cream no 3 Ferr phos

Hair – brittle and split

Too frequent washing dries the hair. Ultraviolet rays have the same effect, as well as extreme meteorological condition. Serious illnesses can cause hair growth problems.

Treatment: Silica 12D taken during a few weeks.

Hair loss

Hair loss is considered pathological when more than 100 hairs fall out a day. The causes could be certain medications, toxins, chronic inflammations or serious acute infections.

- Diffuse hair loss: Nat mur 6D; cream of Silica and/or Silica 12D - 2 tablets or 4 sprays in the evening.
- To support hair growth: Nat mur hair packing twice a week using the following recipe: In the evening, dissolve 10-20 tablets / 20-40 sprays of Nat mur 6D in a teacup with hot water; leave it to reach body temperature; massage it in the hair, then cover your head with a towel; wash your hair in the morning.
- Localised hair loss: Kali phos 6D; for external use: cream no 5 (Kali phos) – massage it lightly in your hair in the morning and in the evening.

Heartburns

- In case of acute acid reflux symptoms: Nat phos 6D, 1 tablet / 2 spray 4 or 8 times a day.
- When the throat is dry and Nat phos doesn't have any effect in a few hours, up to one day: Nat mur 6D
- For healing the irritated oesophagus and when the tongue is covered with yellowish coating: Kali sulph 6D; if the tongue is covered with a white or white-grey coating: Kali mur 6D

Headaches

- The initial remedy for all headaches: Mag phos used in the following way: more than 10 tablets / 20 sprays of Mag Phos – pour a cup of boiling water on the tablets and stir until they melt. Drink it several times a day at 30 minutes intervals.
- Hot flashes, redness in the face, pressures, throbbing or stabbing pains, pains that worsen at movement or bending: Ferr pho 12D
- Headaches with vomiting of bile: Nat sulph 6D
- Headaches with vomiting of food: Ferr phos 12D
- Headache with coughing with white phlegm: Kali mur 6D
- Intense headache attack with shooting pains that constantly change place: Mag phos 6D
- Headaches of pale and irritable persons: Kali phos 6D
- Sudden pain accompanied by weakness of the body: Kali phos 6D
- Headaches that worsen at heat and at night, but diminish at cold air: Kali sulph 6D
- Headaches with constipation and the tongue having a clear and slimy coating: Nat mur 6D

Hives (Urticaria)

Use Kali phos 6D; additionally, for itching apply cream no 5 Kali phos; if the effect isn't satisfactory, use cream no 7 Mag phos.

Injuries

Treatment is possible in case of cuts, scratches, bruises, contusions and sprains.

- Immediate treatment: Ferr phos 12D, one tablet or 2 sprays 6-8 times a day.

- For healing wounds: cream no 3 Ferr phos
- When there is also swelling, inflammation and redness: after using Ferr phos, use Kali mur 6D
- Bruises: Cream of Silica

Insomnia

- Before going to sleep: Mag phos 6D, 5 tablets or 10 sprays dissolved in hot water and sipped while warm.
- If it doesn't improve after 4 days: Kali phos 6D taken in the same way as Mag phos.
- Insomnia in elderly persons: Silica 12D
- Insomnia between 23 and 1 o'clock caused by the gallbladder and between 1 and 3 caused by the liver: Nat sulph 6D

Immune system strengthening

Ferr phos 12D: 2 tablets or 4 sprays 3 times a day (for children: 1 tablet or 2 sprays 3 times a day) during 4 weeks. After that Mag phos 6D should be taken using the same dosage and the same duration. To close the treatment: Kali sulph 6D, the same dosage and duration.

Insect bites

External treatment: cream no 8 Nat mur. If you do not have cream, dissolve a few tablets in some hot water or saliva and spread the paste several times a day over the bite.

Joint ailments

- The basic remedy for building joint cartilage is Silica 12D taken during the entire medical treatment and weeks or even months after the treatment ends.
- In case of pain that is aggravated by movement: Ferr phos 12D at the beginning; after one week Kali mur 6D. When the diagnosis is arthrosis, additionally Silica 12D has to be taken.
- Crippling pain, especially when raising from sitting position, that diminished at light movement, but it is worsened by physical exercise: Kali phos 6D
- Pain with numbness, coldness or tingling which worsens at night: Calc phos 6D
- Shooting pain in joints that changes place relatively quickly: Mag phos 6D
- Pains that are aggravated by heat and at night, but diminish at cold: Kali Sulph 6D

- Painful gout caused by uric acid deposits in joints – gout pains often start at the big toe - the joints are reddened, swollen and painful: 2 tablets / 4 sprays of Nat Phos 6D alternated with 2 tablets / 4 sprays of Silica 12D every 2 hours.
- Bursitis of the knee with pain at bending, painful tension and swelling full of liquid of the kneecap: Kali mur 6D; additionally rub the joints with cream no 4 Kali mur.
- Rheumatoid ailments at any of the joints aggravated by humid weather: Nat sulph 6D.

Lips - dry and cracked

- Cracked and hardened lips: Cream no 1 Calc fluor during 3-10 days, and for a longer period if the lips are hardened. In case of inflamed and painful lips cream no 3 Ferr phos repeatedly on the first day.
- As a follow-up use cream no 8 Nat mur and tablets or sprays of Nat mur 6D during 2-3 weeks.

Muscles disorders

- Muscular pains as a result of over-exhaustion: Ferr phos 12D in alternation with Mag Phos 6D
- Tension and muscular cramps: Mag phos 6D
- Muscular cramps that do not react to magnesium: Calc Phos 6D
- Muscle weakness (feeling of weakness when moving arms and legs, and after a long period of time spent in bed): Kali phos 6D
- Muscle twitching: Mag phos 6D; alternate with Cuprum Arsenicum 6D (nr. 19)

Nail fungus

Cream no 1 Calc fluor rubbed into the nail 2-4 times a day; continuous use during 3-6 months. Or it is used with a plaster replaced every 24 hours.

Nails – torn and brittle

- Brittle, poorly growing and tear-prone nails, thickened and yellow nails: cream no 11 Silica several times a day. If Silica isn't effective enough: cream no 1 Calc fluor
- As a supplement to treatment for circulation problems alternate cold and hot foot baths, massage the toes and fingers using a brush.

Nervousness

- For children and teenagers: Calc phos 6D
- For adults: Mag phos 6D

Obesity

- Before breakfast: Kali phos
- Before lunch: Nat sulph
- Before dinner: Nat phos

Each time dissolve 5 tablets / 10 spays (6D potency) in hot water, stir it with a plastic or wooden spoon (do not use metal) and drink it slowly as long as it is warm. Or, the tablets or sprays can be dissolved individually in the mouth.

Used during several weeks this programme stabilises the metabolism, regulates the discharge through the kidney and intestines and re-establishes the normal level the energetic balance.

For strengthening the tissue of the stomach and of the hips: massage with cream no 1 Calc fluor in the morning and in the evening.

Psoriasis

- In the morning: Mag phos 6D
- At noon: Calc phos 6D
- In the evening: Kali sulph 6D

2 tablets or 4 sprays from each salt.

Scars

- To soften the hardened tissue of the scar: cream no 1 Calc fluor during several months.
- In case of excessive scar tissue: cream no 4 Kali mur several times a day; if it doesn't improve after 3 months, cream no 11 Silica.
- Small scars that haven't completely disappeared: cream no 2. Calc Phos.

Sensitivity to light

- General remedy for minor sensitivity, without any other symptoms: Nat mur 6D
- Tired eyes: Kali phos 6D

Skin – dry and cracked

- Cracked skin with excessive calluses: Calc fluor 12D as tablets or sprays; many times, it is enough to apply cream no 1 Calc fluor several times a day.
- Very dry skin: Nat mur 6D taken during several weeks.
- To regulate the level of body liquids and thus also the skin moisture level: Nat mur 6D that enhances the effectiveness of the cream.

Skin rashes

- Constantly flaking skin, with the skin being smeary and sticky under the flakes: Kali sulph 6D
- Skin flakes that appear after the blisters have burst; if the place has a floury coating: Kali mur 6D, if the coating is white: Nat Mur 6D
- White-yellowish crust: Calc phos 6D
- Burst blisters with scabbed pus: Silica 12D
- Weeping rashes: Nat sulph 6D, if it doesn't help: Nat Phos 6D
- Rashes after vaccination: Kali mur 6D

Skin rashes with blisters (for example: blisters, herpes, vesicles)

- Blisters with yellowish content: Kali Mur 6D
- Blisters with light yellow content: Nat Sulph 6D
- Blisters with yellow, thick and purulent content: Nat Phos 6D, if it doesn't improve: Silica 12D
- Blisters with thick white content: Calc phos 6D
- Blisters with clear, watery content: Nat Mur 6D

Stomach and intestinal Inflammations (gastritis, enteritis, colitis, appendicitis)

- Acute stomach and intestinal flu, sometimes accompanied by fever and vomiting after meals: Ferr phos 12D as basic remedy, 1 tablet or 2 sprays at every 30 minutes to 1 hour on the first day. Starting with the second day of the disease, especially if it is accompanied by the tongue having a white coating: the basic remedy taken at every 1-2 hours in alternation with Kali mur 6D, 2 tablets or 4 sprays each time. For children it is recommended 1 tablet or 2 sprays. If later weakness and dry tongue appear: Kali phos 6D
- Stomach aches with cramps without fever and with clean tongue: Mag phos 6D

- Stomach aches and mucous vomiting: Nat mur 6D, 2 tablets every hour.

Tendon and ligament disorders

- Basic remedy in sport and in case of other injuries of tendons and ligaments, as well as in case of inflammations due to effort: Ferr phos 12D. If the healing process is slow: Kali mur 6D. Both tissue salts can also be used as creams or as compress applied during the night.
- Tennis elbow: Apply compresses during the night according to the following programme: during the first week - cream no 3 Ferr phos; during 4 weeks cream no 4 Kali mur; then, during another 4 weeks cream no 11 Silica.

Tonsillitis

- Redness, swelling and pain: Ferr phos 12D
- White-grey coating of the tonsils: Kali mur 6D

If the situation does not improve in a few hours: Nat phos 6D taken every 15 minutes in the first 12 hours, then 1 table / 2 sprays 6 times a day.

Toothache

- Inflammation of the lining of the mouth: Ferr phos 12D
- Gums that bleed easily: Kali phos 6D
- If toothache appears at regular intervals and diminishes with warmth: Mag phos 6D several times a day in the following way: 10 tablets or 20 sprays dissolved by stirring in a cup of boiling water and then slowly sipping the hot solution. Keep each mouthful of solution in the mouth for a few seconds to allow the absorption.
- Abundant flow of saliva: Nat mur 6D
- If there are rheumatic pains at the same time: Calc sulph D6

Varicose veins

- For strengthening the walls of the veins: Calc fluor 12D and Silica 12D
- Varicose veins and spider veins: additionally, cream no 1 Calc fluor delicately massaged in feet in the morning and in the evening.

Vomiting

- Vomiting with liquid acid after meals: Ferr phos 12D
- Vomiting of bile (yellow, bitter and thick liquid): Nat sulph 6D
- Vomiting with thick and transparent mucous: Nat mur 6D
- Vomiting of watery liquid: Nat mur 6D
- Vomiting of white mucous: Kali mur 6D
- Vomiting of liquid acid: Nat phos 6D
- In case of infants, vomiting during teething: Calc phos 6D
- Travel sickness: Nat phos 6D starting a few days before travelling

Warts

- Soft warts on hands and feet: Cream of Kali mur or 2-3 tablets / 4-6 sprays of Kali mur dissolved in a spoon of water to form a paste. Spread it on the wart several times a day. If Kali mur doesn't give satisfactory results, you can use cream of Nat sulph.
- Warts that appear all over the body, respectively old and hardened warts: use cream of Calc fluor, also as a 24 hours medicated plaster until the wart disappear.

Wrinkles

- Wrinkles on the face, especially around the eyes, but also stretch marks and loose skin on the belly: Calc fluor 12D
- "Crow's feet" type wrinkles, premature wrinkles and loose skin: Silica 12D
- Cheeks with wrinkles and greasy skin: Nat sulph 6D



4.4.2. Women's disorders

Acne - menstrual

Wash your face with pH-neutral liquid soap and avoid spicy and fat food, respectively sweets.

- Use facial steam bath with added camomile and then apply a thin layer of Silica cream for the night.
- For the treatment of inflamed pustules, it is recommended to use Silica 12D.
- Small, reddish pimples, especially in puberty, but also in case of women before and during menstruation: Nat phos 6D and additional face cleansing or steam bath if the skin is greasy; then apply a thin layer of cream no 9 Nat phos before going to bed.
- Hardened acne: Calc fluor cream
- Reddish, discoloured, swollen and inflamed patches: Nat sulph 6D
- During menstruation: Nat phos 6D.

Menstruation, painful (Dysmenorrhea)

- A few days before and after menstruation: Mag phos 6D - 10 tablets or 20 sprays dissolved in a cup of boiling water and stirred until completely dissolves; sipped while it is hot - taken twice a day.
- In case of pale, irritable women with a tendency to cry: Calc phos 6D is more effective, and it is taken in the same ways as Mag phos.
- Symptoms accompanied by increased heart rate and redness in the face: Ferr phos 12D

Menopause

- Tiredness, exhaustion, insomnia: Kali phos 6D
- Repeated hot flushes: Ferr pos 12D at every 15-30 minutes
- Difficulties in falling asleep and quick heart rate: Mag phos 6D alternated with Kali phos 6D
- Sudden sweating: Silica 12D alternated with Ferr phos 12D.

Myoma

3 tablets or 6 sprays from each of the following salts taken during the day for a period of 8-12 week: Calc carb 6D, Calc fluor 6D, Calc phos 6D, Calc sulph 6D and Silica 12D.

Pregnancy and postnatal problems

- Skin itching during pregnancy: Kali sulph 6D
- Painful breasts: Calc phos 6D
- Yellow-brownish patches in the face during pregnancy: Kali sulph 6D6 and cream no 6.
- Weak bladder: Kali phos 6D
- Intense pain caused by the movements of the baby: Silica 6D
- Muscular cramps: Mag phos 6D, if it doesn't help: Calc phos 6D
- Weeping spells: Nat mur 6D
- Constipation: Nat sulph 6D
- Swellings of the lower leg (oedema): Nat sulph 6D
- Nervous restlessness: Mag phos 6D
- Depression, melancholia: Nat mur 6D
- Enlargement of the thyroid gland: Calc phos 6D; if it is accompanied by hyperthyroidism Calc phos 12D
- Quickened heart rate: Nat mur 6D
- Morning sickness: Calc phos 6D; when accompanied by urine smelling of acetone: Nat bicarb 6D; if the vomit is clear: Nat mur 6D; if it is worsened during full moon: Silica 12D.
- Against stretch marks and to tighten abdominal skin after pregnancy: Cream Calc fluor and Calc fluor 12D.

Vaginal discharge

- Mild: Kali mur 6D
- Thick, sticky and white: Kali mur 6D
- Sour: Nat mur 6D
- Malodorous: Kali phos 6D and Silica 121D
- Watery, sour and with itching: Silica 12D.
- Thin, watery and sour: Nat mur 6D
- In case of teenagers: Ferr phos 12D
- In case of young girls: Calc phos 6D, in alternation with Calc carb 6D
- Fungus infections: Nat sulph 6D

Vagina, dry

Nat mur 6D and cream no 8 Nat mur applied several times on the outer labia.



4.4.3. Childhood Illnesses and Disorders

Infectious diseases

- Whooping cough: Ferr phos 12D, additionally, if white phlegm is present: Kali mur 6D, clear phlegm Nat mur 6D, yellow phlegm: Kali sulph 6D
- Measles: The 1st until the 3rd day Ferr phos 12D, additionally in the 2nd day Kali mur 6D. If healing is slow: Kali sulph 6D

- Scarlet fever: In minor cases Ferr phos 12D and Kali mur 6D in alternation, each for half a day. In serious cases: Kali phos 6D
- Chicken pox: To relieve itching take Mag phos 6D one tablet or 2 sprays with the frequency up to 30 minutes; otherwise, Kali mur 6D alternating with Nat phos 6D.
- Mumps: Kali mur 6D; with excessive salivation: Nat mur 6D.

Teething

- Supports the teeth cutting the gum and helps relieve symptoms: Calc phos 6D, one tablet or 2 sprays dissolved in water to form a paste that should be brushed into the gum of the baby. It is applied 3-6 times a day until the symptoms are reduced.
- Cramps during teething: Mag phos 6D

Nappy rash (diaper dermatitis)

- Dry, cracked and “weeping” skin: Nat mur 6D
- Acid diarrhoea: Nat phos 6D
- Malodorous stool: Kali phos 6D

Hyperactivity

Initial measures: Eliminate food and drink that contains phosphates (soft drinks, sandwich meat).

Kali phos 6D during a few weeks until an improvement is noticed.

Appetite – loss / lack

- General lack of appetite: Nat mur 6D
- The child eats poorly and drinks too much: Calc phos 6D
- Poor appetite and constipation: Nat sulph 6D
- Poor appetite and general exhaustion: Kali phos 6D
- Loss of appetite in case of restless, nervous children: Mag phos 6D

Behavioural disorders

- Attention deficit: Calc phos 6D in the morning, Mag phos 6D at lunch and Zincum cloratum 6D before going to bed.

- Restlessness, screaming, especially in the evening: Kalium bromatum 12D
- Restlessness and anxiety: Calc phos 6D
- Restlessness, poor quality sleep, excitement: Mag phos 6D
- Emotional exhaustion, weakness: Kali phos 6D

Bach flowers enhance the effect of tissue salts.

Digestive disorders

- Diarrhoea with stomach aches and cramps: Mag phos 6D, in alternation with Cuprum arsenicosum 12D
- Diarrhoea with tendency toward cramps: Kali brom 6D
- Vomiting with coating on the back side of the tongue: Nat phos 6D
- Acid vomiting or vomiting with acid smell: Nat phos 6D
- Diarrhoea during teething: Ferr phos 12D and Calc phos 6D, 2-4 tablets or 4-8 sprays, each taken during the day.
- Vomiting after drinking milk: Silica 12D, if it doesn't help: Nat phos 6D
- Flatulence: Nat sulph 6D
- Colics in infants (until consulting the doctor): Mag phos 6D, 2-3 tablets or 4-6 sprays dissolved in warm water.
- Constipation with dry stool: Nat mur 6D, when the stool protrudes and then retracts: Silica 12D.
- Hiccups in case of infants: Mag phos 6D

Respiratory disorders

- Asthma: Mag phos 6D (for example 10 tablets dissolved in hot water) for most types of asthma; after infections Kali mur 6D; with strong cough, anxiety and restlessness Cuprum arsenicosum 12D; with yellowish phlegm and as a result of an infection: Kali sulph 6D; with running nose and thick, persistent phlegm: Kali iod 6D; in cold and humid weather: Calcium carbonicum 12D; in warm weather, but also in cool and damp weather: Nat mur 12D in alternation with Nat sulph 6D; nervous asthma after excitement: Kali phos 6D.
- Coughing, irritated throat, coughing fits: Mag phos 6D
- Congested: with yellowish phlegm: Kali sulph 6D in alternation with Nat sulph 6D; with whitish phlegm: Kali mur 6D; with clear, transparent phlegm: Nat mur 6D.
- Nasal polyps: Calc phos 6D/12D, after 4 weeks change the potency

- Tonsil enlargement: Calc phos 6D/12D, after 4 weeks change the potency.

Bedwetting

- Involuntary urination: Nat sulph 6D
- Organic disorder of the bladder sphincter: Ferr phos 12D
- Psychological causes: Kali phos



5. References

1. Balaskas, J. (1991). *New Active Birth: A Concise Guide to Natural Childbirth*. Thorsons, Berwick Upon Tweed.
2. Balosan, Gerhild: *Vindecă-te singur cu sărurile vieții. Ghid practic și informativ*. Editura Dharana, București, 2013.
3. Heppen, Günther H.: *Schuessler Tissue Salts: 12 Minerals for your health*. Gräfe und Unzer Verlag GmbH, München, 2004.
4. Martin and Pleasance (2008). *Schuessler Tissue Salt Manual*. RB Print Imaging, Melbourne.
5. Wells, Mark: *12 Dynamic Elements of Good Health - The Tissue Salts*, Wells Naturopathic Centre, 2020
6. *** *Biochemistry Manual. An introduction to the cellular therapy and application of the 12 tissue salts according to the biochemical medicine system developed by Dr WH Schuessler*. New Era Laboratories LTD, London, 1974.
7. <https://lovelovething.com/cell-salts-easy-homeopathy/>
8. <https://apotheke-am-herrfurthplatz.de/en/zwischen-homoeopathie-und-biochemie-die-schuessler-salze/>
9. <http://schuesslertissuesalts.com.au/about/>
10. <https://www.health24.com/Natural/Therapies/Tissue-salts-20120721>
11. <https://fiorebody.com/blog/2018/7/19/homeopathy-101-a-beginners-guide-tissue-salts>



6. About the Trainer



Mirela Vicovan, *Psychologist, Bio-resonance Specialist, Tissue salts, Bach Flowers, Trainer, Access Bars & Body Processes*

Who could have believed that I would meet my soul vocation, holistic medicine, in a dental practice?

I am a psychologist, therapist, founder of Healthy Life Centre, mother and wife and I invite you to the journey of your life, a journey that could profoundly change you and take you closer to your undiscovered potential.

Twenty years ago, I was studying at a health college and working as an assistant at a dental practice. Here I heard for the first time about bio-resonance from the dentist I was working with. Her passion for alternative and spiritual therapies lit up my curiosity. I continued to look for and study about these therapies. The basis for my professional development were really laid down when I started to work in a bio-resonance practice.

I continued to work as a generalist nurse at a hospital, but my soul called me more and more towards holistic medicine. In 2008, I opened the Healthy Life Centre and started to study psychology at the university because I wanted to know more about how the psychic influences our physical condition – the psychic, physis and emotional parts of a human being cannot and should not be perceived one without the others. We are beautiful beings in our complexity and my greatest wish is to offer that guidance and support necessary to people to really know themselves.

I attended speciality training courses in the country and abroad. Among these courses are: reiki, Bach flower therapy, Schuessler tissue salts, Access Consciousness, Access Bars, SOP (Symphony of Possibilities), ESB (Energetic Synthesis of Being), ESSE (Energetic Synthesis of Structural Embodiment), Access Energetic Facelift, Access Consciousness body processes, Integrated cranio-sacral biodynamics, Abuse hold and energy treatments for animals.

Besides the fulfilment I experience each time when I acquire a new knowledge in the field of energetic therapies, I have the opportunity to develop and progress by working with each person I support to develop and change. When I feel and see that I contributed to the

wellbeing of those who trusted me, I know that every effort to surpass my self-doubt and continue it was worth the time and energy. My motivation steams from the people I can help, those people with whom I start a journey of reconciliation with the self and personal development. I am your guide on your journey towards your potential that you deserve to attain. Being also a trainer helps me to present the remedies from a more pedagogical perspective, to establish deeper connexions with those who choose Healthy Life Centre. We can also heal using organic and energetic methods if we trust and return to nature, to a world of possibilities that we can access only with open mind and heart.

Main qualifications:

- Faculty of Psychology Spiru Haret, Bucharest
- Schuessler Salts, Levels 1-3, Martin and Pleasance, Natural Medicine, Australia
- Schuessler Salts, Asia-Pacific Biochemistry Institute
- Dr Bach Floral Remedies
- Australian Buch Flower Essences
- Access Consciousness courses: Access Bars, Body Processes, Abuse Hold Release, SOP (Symphony of Possibilities), ESB (Energetic Synthesis of Being), ESSE (Energetic Synthesis of Structural Embodiment), Energetic Facelift
- Integrated Cranio-sacral biodynamics
- Theta Healing
- Trainer
- Reiki master

Note:

I made all the efforts to ensure that medical information, mentioned treatments, dosages and applications to correspond to current knowledge and practices existing at the moment of the development of the present Manual. Medicine is a science in continuous change and advancement, for this reason the author of this Manual cannot be held responsible for modifications ulterior to the elaboration of this Manual.

All rights reserved.

No part of this Manual can be reproduced or used under any form, distributed to other persons than the participant in the training in electronic or printed format without the written permission of Healthy Life Centre.

Healthy Life Centre (Centrul Healthy Life)

Strada Nădășel 60, Cluj-Napoca 400267

Telephone: 0733-930.702

Email: contact@rezonantavietii.ro

<https://www.rezonantavietii.ro/>