

RECOMMENDING

BIOCHEMIC

TISSUE SALTS

FROM

AN ESOTERIC/ASTROLOGICAL PERSPECTIVE

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IMPORTANT

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RECOMMENDING TISSUE SALTS

When recommending Tissue Salts, from an esoteric/astrological perspective, the following should be noted:

- Always recommend the Salt corresponding to the Sun position
- Always recommend the salt corresponding to the position opposite the Sun
- Always consider recommending Ferr Phos. Further, Kali Phos and Ferr Phos work hand in hand, and when one is indicated, consider also recommending the other
- Recommend other salts as indicated by the planetary positions, and aspects etc

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SIGN/SALT GROUPINGS

If there is a heavily afflicted Potassium sign, all three Potassiums should be recommended. This also applies to the Sodiums and the Calciums.

POTASSIUM or Kali Signs:

- Ari (1st) (Ma) - Potassium Phosphate (Kali Phos)
- Gem (3rd) (Me) - Potassium Chloride - Kali Muriaticum (Kali Mur)
- Vir (6th) (Me) - Potassium Sulphate - Kali Sulphuricum (Kali Sulph)

SODIUM or Nat Signs:

- Tau (2nd) (Ve) - Sodium Sulphate - Natrum Sulphuretum (Nat Sulph)
- Lib (7th) (Ve) - Sodium Phosphate - Natrum Phosphate (Nat Phos)
- Aqu (11th) (Ur/Sa) - Sodium Chloride - Natrum Muriaticum (Nat Mur)

CALCIUM or Calc Signs:

- Can (4th) (Mo) - Calcium Fluoride - Calcareum Fluoricum (Calc Fluor)
- Sco (8th) (Pl/Ma) - Calcium Sulphate (Calc Sulph)
- Cap (10th) (Sa) - Calcium Phosphate (Calc Phos)

OTHER Signs:

- Leo (5th) (Su) - Magnesium Phosphate - Magnesium Phosphoricum (Mag Phos)
- Sag (9th) (Ju) - Silicon Oxide (Silica)
- Pis (12th) (Ne/Ju) - Iron Phosphate - Ferr Phosphate (Ferr Phos)

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TISSUE SALTS (Ebertin)

TISSUE SALT SELECTION ACCORDING TO SIGN AND DISEASE (After Ebertin, but Remedy Adjusted to Sawtell, and Ridder-Patric)			
Sign And Tissue Salt Remedy (Numbers after Pharma Natura)	Appearance	Sign	Disease
Aries (1st) (Ma) (6) Potassium Phosphate (Kali Phos)	Feverish look, hollow-eyed, shadows under eyes as if greatly fatigued, red forehead, hectic flush.	Aries: Hard look, eagle-eyed, often prone to feverishness, head always hot, red face, especially in the forehead	Inflammatory hyperaemia (an excessive quantity of blood in the vessels supplying part of the body), Inflammations, haemorrhages, pneumonia, encephalo-meningitis.
Taurus (2nd) (Ve) (11) Sodium Sulphate Natrum Sulphuretum (Nat Sulph)	Greenish yellow face and skin, impression of slow metabolism, abnormal redness.	Taurus: Usually yellowish colour of skin and face, metabolic disorders due to faulty diet (Food usually too rich), gallbladder and skin troubles.	Metabolic disturbances due to defective regulation of the water economy, biliousness (disorder of the bile), diabetes, skin complaints.
Gemini (3rd) (Me) (5) Potassium Chloride Kali Muriaticum (Kali Mur)	Pale pink face, crimson over the cheek bones, numerous patches like red blushes, inner restlessness, hectic red in neuralgias.	Gemini: Fresh colours, nery, always on the go, tendency to feverish-nervous disorders, e.g., tuberculosis, cramp, and neuralgias.	Cramps, Stomach cramps, Bladder spasms, colic (severe spasmodic abdominal pain), neuralgias, chorea (St. Vitus' Dance, jerky involuntary movements), tuberculosis, scrofulism.
Cancer (4th) (Mo) (1) Calcium Fluoride Calcareum Fluoricum (Calc Fluor)	Waxy face, like white-wash.	Cancer: Pallid, soft, flabby skin, anaemia, relaxed tissues and the consequences of these, disorders of the glands and serous membranes (serum secreting tissue). Rickets in children.	Exudates (oozing problems), rickets (This remedy regenerates the Cells).

<p style="text-align: center;">TISSUE SALT SELECTION ACCORDING TO SIGN AND DISEASE (After Ebertin, but Remedy Adjusted to Sawtell, and Ridder-Patric)</p>			
Sign And Tissue Salt Remedy (Numbers after Pharma Natura)	Appearance	Sign	Disease
Leo (5th) (Su) (8) Magnesium Phosphate Magnesium Phosphoricum (Mag Phos)	Brown colour.	Leo: Animated, light sun-tan colour, tendency to heart disorders, pleurisy, distension of the aorta, vertigo (dizziness).	Vertigo (dizziness), palpitation of the heart, catarrhs.
Virgo (6th) (Me) (7) Potassium Sulphate Kali Sulphuricum (Kali Sulph)	Well-known cooking-salt face, rather spongy and puffy, often sweaty, occasionally watery eyes.	Virgo: Seems tired and lacking in energy, wears a look of suffering as in intestinal disorders, rather puffy skin, tendency to diseases of the stomach and intestines.	Drowsiness and coldness, watery diarrhoea, stomach trouble, water brash.
Libra (7th) (Ve) (10) Sodium Phosphate Natrum Phosphate (Nat Phos)	Delicate brownish, milky skin, like alabaster, swollen glands, leucorrhoea (whitish or yellowish discharge of mucus from the vagina).	Libra: Fine delicate complexion, metabolic disorders, unbalanced state of the detoxifying organs-glands, skin, serous membranes (serum secreting tissue), kidneys.	Exudates, diphtherial deposits in body cavities, catarrh with plastic exudations.
Scorpio (8th) (PI/Ma) (3) Calcium Sulphate (Calc Sulph)	Ash grey, as if the face was unwashed.	Scorpio: Generally dusky, grey face colour, (Red Cheeks are rare in Scorpio), nervous conditions, diseases of the brain-worker, venereal diseases, sexual neurosis, serious infections, typhus, dysentery.	Disturbed neurotropy, weak memory, neurasthenia (general term for fatigue, anxiety, and listlessness), vasomotor disturbances of the sympathetic nervous system, severe dynamic conditions, typhus, sepsis, syphilis.

**TISSUE SALT SELECTION
ACCORDING TO SIGN AND DISEASE**

(After Ebertin, but Remedy Adjusted to Sawtell, and Ridder-Patric)

Sign And Tissue Salt Remedy (Numbers after Pharma Natura)	Appearance	Sign	Disease
Sagittarius (9th) (Ju) (12) Silicon Oxide (Silica)	Oily exudations in the folds around the eyes and nose, greasy appearance, disorders of the sebaceous glands, black-heads, general over-oxidation, rheumatism (inflammation and pain in the joints, muscles, or fibrous tissue, especially rheumatoid arthritis (inflammation of a joint)), and gout.	Sagittarius: The skin often displays impurities, moles, blackheads, liver disorders, over-toxidation, articular (relating to the joints) diseases, especially in the hip.	Excess of lactic acid and its consequences, uric acid problems and its consequences, poly-arthritis (inflammation of a joint), hyperacidity of the stomach, diarrhoea, and children's diseases.
Capricorn (10th) (Sa) (2) Calcium Phosphate (Calc Phos)	Longitudinal and transverse creases on a dark reddish-blackish substratum, in the angle made by the eye and the nose.	Capricorn: Poor blood supply to the skin, a furrow in the crease between the nose and the eye, the complexion is often red with dark shading, degenerative conditions, deformities, bad posture, enteroptosis (prolapse of the bowels), spots, indurations (hardness or callous).	Bone diseases, displacement of the abdominal organs, skin complaints such as fissures, hardened exudates, nodules in the breast.
Aquarius (11th) (Ur/Sa) (9) Sodium Chloride Natrum Muriaticum (Nat Mur)	No appearance given.	Aquarius: Delicate complexion, light colour, cramps and other nervous conditions, intestinal gases, flatulence, diseases of the limbs and joints, the typical demineralized individual.	Nervous impulses, disorders of the smooth musculature of the intestines, bladder, larynx, nasal catarrh and pharyngitis, muscular weakness and spasms, failing eyesight in old age.

**TISSUE SALT SELECTION
ACCORDING TO SIGN AND DISEASE**

(After Ebertin, but Remedy Adjusted to Sawtell, and Ridder-Patric)

Sign And Tissue Salt Remedy (Numbers after Pharma Natura)	Appearance	Sign	Disease
Pisces (12th) (Ne/Ju) (4) Iron Phosphate Ferr Phosphate (Ferr Phos)	Facial skin translucent or as if covered in varnish, crows feet, and often baldness.	Pisces: Thick skin, fresh complexion, sometimes with a glassy look, tendency for crow's-feet at corners of eyes, septic foci, lumps, proud flesh, cancer.	Diseases of the connective tissue, pus spots, effusions are reabsorbed, gout, gravel in the kidneys, cataract

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TISSUE SALTS - DETAILED BY SIGN
(After Sawtell)

Aries (1st) (Ma)

Potassium Phosphate

(Kali Phos)

Body area: Cerebrum, the top of the head, which houses the upper brain, the organ of thought), organs of sight, hearing, taste, and smell.

Function: Kali Phos attracts and contacts the unlimited electrical power ever present in the universe, and which is the cause of all growth and new beginnings.

Uses: Kali Phos creates the grey matter (nerve fluid) of the brain by uniting albumen (water soluble proteins found in blood etc.) and oxygen (combine with Calc Fluor). Kali Phos, in addition to any other indicated salts, is required in practically all cases of sickness.

All mental disorders. Nerve troubles, depression, insomnia, hysteria, sensitiveness, headaches (with Ferr Phos if due to anaemia). Assists all mental work, and study.

All cases of paralysis (assists in the rebuilding of the brain cells that serve the affected area). Builds brain cells, and promotes clear and definite thoughts.

Destruction of cancer cells. Healing and antiseptic (especially Kali Phos (vital fire to purify the unhealthy condition) + Kali Mur (to build new cells) + Kali Sulph (to cleanse through the pores of the skin, and to bathe the cells in an oily, salty, antiseptic fluid) + Ferr Phos (to attract oxygen)). This combination has been effective in treating cancer. It has been speculated that a shortage of Potassium is contributory to cancer. Natural potassium is found in crude black molasses.

Skin troubles (especially where there is irritation). Use in conjunction with Ferr Phos if there is burning.

Other areas covered by Kali Phos include the sensory organs of sight (eyes), hearing (ears), taste (tongue), and smell (nose). Assists in menstruation, pregnancy, respiratory troubles (bronchial asthma, whooping cough, croup, hoarseness or voice loss).

Calms the overworked businessman, the weary wife, etc.

Note: Kali Phos (Ari) works very well in combination with Ferr Phos (Pis) - the complete cycle (beginning and ending).

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Taurus (2nd) (Ve)

Sodium Sulphate

Natrum Sulphuretum

(Nat Sulph)

Body area: Cerebellum (lower brain), neck, ears, lower jaw, and throat.

Function: Nat Sulph eliminates excess water from the body. One molecule of Nat Sulph eliminates from the system two molecules of water. Further, Nat Sulph regulates the quality in all fluids in the body.

Uses: Biliousness (disorder of the bile - a bitter greenish-brown alkaline fluid which helps digestion, and is secreted by the liver, and is stored in the gall bladder) and malaria are related to a deficiency of Nat Sulph. Use in the draining of the lymph (this may require a large dose).

Can aid in bringing moderation to eating and drinking habits. Also assists in the draining of the toxic liquid of the obese and overweight.

Affects the digestion organs, the bile of the liver, the pancreatic juices, and kidney secretions. Bile disorders range from sluggish liver and tiredness in the early morning, to gall stones, jaundice, stoppage of the bile duct, and constipation.

Diabetes needs Nat Sulph because it stimulates the secretions of the pancreas, liver, and kidneys.

Note: When the digestive organs are not operating harmoniously, then sore throats and colds are frequent.

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Gemini (3rd) (Me)

Potassium Chloride

Kali Muriaticum

(Kali Mur)

Body area: Bronchial tubes, lungs, shoulders, arms, hands, and fingers.

Function: Kali Mur forms fibrin (every tissue and organ, except bone, contains fibrin). Man's body is constructed of an infinitely fine network of these tiny fibres, all branching off from one another. This also includes the skin, glands, and nerves. Kali Mur must be present in sufficient quantities to enable the elements contained in food to be built into fibrin. When ill, valuable elements run off in the form of mucus, and the body is depleted.

Uses: For catarrh, and mucus exuding illnesses (with these illnesses, eliminate mucus-producing foods, e.g.: milk, butter, cheese, yogurt. Sweet foods, e.g.: cakes, honey, sugar. Stimulants, e.g.: coffee, tea, curry, etc).

The common cold (combine with Ferr Phos, and take frequently - every 1/2 hour).

For congestion of the bronchial tubes, swollen glands, mumps, enlarged rheumatic (inflammation and pain in the joints, muscles, or fibrous tissue, especially rheumatoid arthritis (inflammation of a joint)) joints, and swollen tonsils. Sore throat, swollen throat, mucus membranes, and glands. Coughs. Note: Following colds and influenza, take Ferr Phos and Calc Phos as a tonic.

All children's diseases where there are exudations through the skin (measles, chicken-pox, and scarlet fever, etc. These are all disturbances of the fibrin). In all children's diseases where scaling takes place, or there is a skin rash, Kali Mur is needed (given regularly pitting after chicken-pox is prevented). Kali Mur lessens scars after burns, and should be combined with Silica.

All cases of a very white tongue, sluggish liver, constipation, and all congestion and swellings need Kali Mur (if there is inflammation combine with Ferr Phos). Inflammation arises from lack of oxygen due to iron deficiency.

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Cancer (4th) (Mo)

Calcium Fluoride

Calcareum Fluoricum

(Calc Fluor)

Body Area: Breasts, stomach, and spleen. Concerned with organs of secretion (mother's milk - breast; chyle - digested food elements of the stomach; white corpuscles of the blood - spleen). Reproduction (not procreation). Teeth, fingernails, bones, crystalline lens of the eye. The elastic fibre of all muscular tissue.

Function: Calc Flour is the spinning salt. It governs expansion and contraction, elasticity and tenacity. Growth and fructification. Governs the ceaseless formation of new corpuscles within the spleen. Spins the filaments upon which the tissues of the body are built.

Uses: Cracked skin, and fissures and splits between the toes, fingers, at the anus, behind the ears, or in the corners of the mouth.

Tightens up tissues and organs. Helps prolapsed organs, varicose veins, hardening of the arteries or testicles, valvular heart troubles, haemorrhoids, receding gums, and loose teeth (is an important constituent of the enamel of the teeth). Helps with fingernails, bones, the crystalline lens of the eye, and in the elastic fibre of all muscular tissue.

Cataracts, blurred vision, hard growths, and osseous lumps indicate a lack of Calc Fluor).

Arachnoid (the fine membrane covering the brain) has Calc Fluor as a constituent. Calc Fluor helps the memory process. A lack of Calc Fluor can result in a fear or paranoia of poverty.

Helps in cases of extreme tiredness, and general weariness in which no amount of rest seems to help. Useful in firming up tissues and organs to their normal tension.

Useful for expectant mothers (enables tissues to be supple and thus promotes an easy delivery, and prevents sagging of the abdomen following the confinement).

Note: Whenever a case calls for Calc Fluor, it is usual to combine it with Silica.

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Leo (5th) (Su)

Magnesium Phosphate

Magnesium Phosphoricum

(Mag Phos)

Body area: Heart. Motor nerves (Mag Phos combines with certain fibres to make white or motor nerves). Mag Phos helps one to 'let go' and relax.

Function: Mag Phos acts upon the motor nerves, and relates to motion.

Uses: Mag Phos is the great anti-pain salt. Relieves cramps and spasms, or where application of heat brings relief. Headaches, neuralgias, earache, spasmodic twitching of the eyes or limbs. Menstrual (PMT/PMS) tension or colic. Convulsions, and all heart troubles.

To relieve pain or heart attacks, dissolve large doses of Mag Phos in hot water, and sip frequently. Hot applications should also be given to assist relaxation.

Mag Phos can be used in conjunction with Ferr Phos. Also water, sleep, and deep breathing can be added.

Mag Phos (during morning, in the afternoon, and at retiring for the night) + Kali Phos (before meals) + Ferr Phos (after meals) taken in rotation will cover practically all cases of tiredness and exhaustion from overwork, anaemia, neuralgia, cramp, spasms, and insomnia.

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Virgo (6th) (Me)

Potassium Sulphate

Kali Sulphuricum

(Kali Sulph)

Body area: Solar plexus, and bowels. The portal vein (this gathers up digested food from intestines and conveys it to the liver). The Solar Plexus is sometimes referred to as the 'Lower Brain'.

Function: Kali Sulph manufactures and distributes oil. The oil which is manufactured provides a fuel, a solvent, a lubricant, and a purifier for the human machine.

Uses: A deficiency of Kali Sulph causes oil in the skin and tissues to thicken and clog, thus turning heat and secretions back upon the inner organs (lungs, pleura, membranes or the nasal passages) and thus catarrh is formed.

Deficiency causes dandruff, falling hair, skin eruptions exuding a yellowish oily matter, or inactive dry scaling skin, gastro-duodenal catarrh, ringworm, anaemia, and bronchitis. Kali Sulph is an oxygen carrier to the epidermic and epithelial cells of the skin and membranes (Kali Sulph can be used in conjunction with Ferr Phos).

Kali Sulph is essential in the older person as it augments oil in the skin, hair, intestinal tract, and bones, etc.

Persons deficient in Kali Sulph will feel suffocated in a warm room, and will feel compelled to get out into the cool air. Symptoms are usually worse in the afternoon.

Use in all children's diseases where there has been a rash or scaling (it helps to form new skin and can be used in conjunction with Kali Mur).

Poor circulation, bowel troubles, and indigestion. Congested portal vein (liver becomes sluggish, and biliousness (disorder of the bile) or constipation follows).

Individual's with Sun, Moon, or difficult planets in Virgo often suffer ailments caused by a congested liver. Excessive dryness or scaliness of the skin.

Note: Lemon juice in water is an excellent liver decongestant.

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Libra (7th) (Ve)

Sodium Phosphate

Natrum Phosphate

(Nat Phos)

Body areas: Kidneys, loins (part of body between the false ribs, and the hip bones), and the lumber region.

Function: Nat Phos preserves the balance between acids and the normal fluids of the body. The alkalinity of the blood must be kept at a certain level to ensure health, thus acid in excess of the body's requirements has to be eliminated by the kidneys. Conditions of excess acid are often related to a deficiency of Nat Phos. Nat Phos has the power to work with acid in the body such as lactic acid and uric acid.

Uses: Rheumatic (inflammation and pain in the joints, muscles, or fibrous tissue, especially rheumatoid arthritis (inflammation of a joint)) disorders, gout worms, flatulence, diabetes, kidney and bladder weaknesses. Eczema, jaundice, and gall stones. Fermentation of gastric juices, retarded digestion, digestive tract lining. Gastric ulceration (use with Calc Sulph which heals the ulcers). Dyspepsia, sour taste in mouth, bilious disorders (disorder of the bile), diarrhoea.

Yellow coating on the tongue, and all exudations from sores on the skin or from any mucous membrane that are of a yellow, honey colour. The red nosed dyspeptic, blotchy skin, or flushed face after eating, are indications for Nat Phos. Stomach ulcers (use with Calc Sulph which heals the ulcers). Gastric acid reduction. Inflamed or ulcerated throat and gums.

Gall stones (gall stones cannot form if sufficient Nat Phos is present. Can also dissolve the gall stones, but takes time, +/- six months). All Jaundice conditions.

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Scorpio (8th) (Pl/Ma)

Calcium Sulphate

(Calc Sulph)

Body areas: Reproductive organs, procreative glands, bladder, the pelvis of the kidneys, prostate, groins, and rectum.

Function: Nature's great cleansing, and healing agent. Assists in blood purification. Calc Sulph is a constituent of connective tissues, and is necessary to promote healing of all kinds. Calc Sulph is present in the bile, and helps to destroy worn-out red blood-corpuses by extracting the water from them so that they may be used again by the body.

Calc Sulph coats all vascular surfaces of the body, and thus protect them from certain fluids (an example is the lining of the stomach is protected from the stomach acids).

Other areas that need the protection of Calc Sulph include the eyeballs, nasal passages, mouth, throat, oesophagus, bladder, colon, etc. (all surfaces of the body which contact moisture).

Uses: Diseases of the throat, nasal bones, heart, or back.

Problems of faulty metabolism which results in boils, carbuncles, gumboils, skin eruptions, disorders of the pancreas and kidneys, chronic diarrhoea, catarrhs, constant discharge of pus from any part, and slow healing due to an unhealthy condition of connective tissue.

A deficiency of Calc Sulph can relate to barrenness in females, and impotency in males. The germ cells turn to pus in the ovaries, and ovarian tubes in the female, and in the prostate of the male.

Fistulas (a tear or opening in the wall of the bowel to rid the system of pus) are also related to a deficiency of Calc Sulph. If Calc Sulph is deficient, fistulas will reoccur, even after surgery to repair the damage.

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Sagittarius (9th) (Ju)

Silicon Oxide

(Silica)

Body areas: Hips, thighs, blood vessels. Higher mind.

Function: The lancet of biochemistry, Nature's surgeon. Wherever there is heteroplasm (pus), etc. to be discharged, Silica is indicated. Relative to pus etc., Silica should be used with Calc Flour + Calc Sulph + Calc Phos, and must be taken intensively for many months.

Silica is quartz or flint, and no matter how finely it is powdered its molecules are still pointed and triangular.

Uses: Silica is used wherever there is pus to be discharged (boils, abscesses, carbuncles, etc.).

Sweat glands, and fetid perspiration of the feet. Copious night sweats, and insufficient perspiration. Red eyelids, caries of the bones, tonsillitis, ulceration of the throat, styes on the eyelids, cataract, and dullness of hearing with catarrh of the Eustachian tubes. Gives a glossy finish to hair and nails.

A lack of Silica relates to an inability to connect one's thoughts, bad memory, and nervous disorders. Silica can be used in combination with Calc Flour.

To ward off a threatening cold, Silica should be combined with Kali Sulph + Kali Mur + Ferr Phos. Large doses in hot water, taken in conjunction with a hot bath, will give the pores of the skin a good cleansing. Only take fruit juices for a while, and monitor that the bowels are functioning well. Do this, and the cold will soon disappear.

Silica strengthens nerves, and keeps them at the correct 'tension'. Silica should be used for all nervous disorders. Further, Silica promotes a sound, and refreshing sleep.

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Capricorn (10th) (Sa)

Calcium Phosphate

(Calc Phos)

Body areas: Bones, and skeleton.

Function: Calc Phos is the principle salt used in the bony framework of the body. The body requires more Calc Phos than any other tissue salt, because of the amount required for the bones. Further, Calc Phos forms the skeletal part of every cell in the body.

Uses: Calcium that can be assimilated by the physical system. Calc Phos is an important constituent of the digestive fluids, and if, depleted food cannot be properly digested and assimilated. Result - cell starvation and anaemia.

A deficiency in Calc Phos relates to excess mucus or colds, enlarged tonsils, swollen glands, and wasting diseases.

Use for rickets, bone problems, curvature, anaemia, malnutrition of all kinds, teething trouble, tooth decay, chilblains, skin diseases.

Calc Phos is necessary for growing children, during pregnancy, older people, and convalescents. Always required after bone fractures or surgery.

Bright's Disease (an overflow of albumin via the kidneys).

A Calc Phos deficiency in the digestive juices causes food to ferment in the stomach and intestines. The acids and toxins thrown off accumulates around the joints causing swelling and pain known as rheumatism (inflammation and pain in the joints, muscles, or fibrous tissue, especially rheumatoid arthritis (inflammation of a joint)).

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Aquarius (11th) (Ur/Sa)

Sodium Chloride

Natrum Muriaticum

(Nat Mur)

Body areas: Knees, ankles, and circulatory system.

Function: Nat Mur is found in every tissue and fluid in the body. The cells of the body are fed by fluids flowing in and out of the tissues (a process called endosmosis). Fluids carrying the necessary elements, flow into the cells, deposit the food, then flow out carrying the waste products. Nat Mur regulates the flow of fluids through the tissues, and without it the cells would be starved, as they could not take up nutriment because fluids could not pass in and out of them. In its crude form, Nat Mur is common salt (however, over consumption of common salt causes clogging of the tissues).

Uses: Nat Mur is needed in all cases where there is a disturbance in the distribution of water, where the surface is either too dry or too moist, as in watery running colds, dropsy, water brash, dryness of mouth, constipation, shingles, insect stings, eczema, sunstroke, indigestion, anaemia, malaria, smarting secretion from the eyes, hay fever, cracking joints, restlessness, and irritability.

A lack of Nat Mur may cause sleeplessness when too little or too much fluid is present.

Nat Mur has power to attract water as well as to utilize it. And should be given in all cases of watery swellings or blisters,.

One condition calling for Nat Mur is itching (use Nat Mur in conjunction with Calc Sulph to relieve burning. Also add Ferr Phos if there is redness and inflammation. If the tissues and fibres damaged, also add Kali Mur. Construct a paste/cream, and spread over the afflicted area).

Nat Mur is also suitable for eczema.

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Pisces (12th) (Ne/Ju)

Iron Phosphate

Ferr Phosphate

(Ferr Phos)

Body areas: Feet, and the lymphatic system.

Function: To oxygenate the blood, and to soothe inflammation. Ferr Phos has the ability to carry oxygen to all parts of the organism.

Uses: Ferr Phos is indicated in all cases of inflammation or congestion. Brings things back into fluid balance. Use in injuries, haemorrhages, dull throbbing headaches, insomnia, sore throat, lumbago, heart palpitation, emotional disturbances, colds, chills (especially when feverish).

Rheumatism (inflammation and pain in the joints, muscles, or fibrous tissue, especially rheumatoid arthritis (inflammation of a joint)), fractures, cuts, and sprains. Bruises, anaemia, depression, listlessness, and discouragement (low self-image).

It has been suggested that Ferr Phos is an antibiotic agent (further research is needed before a definitive opinion can be considered).

Ferr Phos can be used in conjunction with Kali Mur (especially for emotional problems).

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Appendix

Tissue Salts - General Information

Table - Tissue Salts

Tissue Salts (After Pharma Natura)				
Tissue Salt	Principle Function	Constituent	Indications	Deficiency Symptoms
(1) Calc Fluor	Tissue restorer	Constituent of connective tissue in the body	For muscles, circulation, varicose veins, skin, and teeth Restores, and maintains tissue elasticity	Loss of tissue elasticity, dental decay, and skin cracks and fissures
(2) Calc Phos	Cell restorer	Constituent of body cells and fluids	For teeth, bones, blood, gastric juices, and aids vitality Constituent of bones, and teeth	Teeth disorders, and a lack of vitality and endurance
(3) Calc Sulph	System purifier	Constituent of liver cells and connective tissue	For skin problems, adolescent pimples, slow healing wounds Blood constituent, and cleanser	Skin problems, pimples in adolescents, and cuts that are slow to heal
(4) Ferr Phos	Anti-Inflammation	Constituent of blood and carries oxygen in the body	For energy, vitality, inflammation, sore throats, feverish colds and chills Anti-inflammatory	Feverish colds, chills, sore throats and other inflammatory conditions Alternate with Kali Mur
(5) Kali Mur	Respiratory decongestant	Unites with body protein which is present in the body tissues	For respiratory congestion, coughs and colds Respiratory disorders, and decongestant	Congested conditions, respiratory disorders, coughs, and colds Alternate with Ferr Phos

Tissue Salts (After Pharma Natura)				
Tissue Salt	Principle Function	Constituent	Indications	Deficiency Symptoms
(6) Kali Phos	Nerve nutrient	Constituent of nerve and brain tissues	For nervousness, fatigue, and nervous headaches Nerve nutrient	Temporary nervousness, nervous headache, fatigue, tension, and other nerve complaints
(7) Kali Sulph	Skin conditioner	Assists in the formation of mucus lining and the skin	For hair, nails, and minor skin ailments Skin, and mucous membrane conditioner	Minor skin ailments, disorders of the scalp, hair, nails, and mucus membrane For brittle nails, alternate with Silica
(8) Mag Phos	Relaxant	Constituent of muscle and nerve cells	For nervousness, cramps, muscle spasms, and neuralgia Relaxant, and anti-spasmodic	Spasm, period pains, cramps, and neuralgia Will usually act more rapidly if taken with a little hot water
(9) Nat Mur	Moisture regulator	Assists in water distribution to cells	For moisture control, relief of a runny nose and loss of taste or smell Water distributor	Dryness or excessive moisture, runny nose, and loss of taste or smell
(10) Nat Phos	Acid neutraliser	Neutraliser of lactic acid in tissues	For acidity, heartburn, and rheumatism Acid neutraliser	Relief of acidity and heart burn Used in the treatment of rheumatic (inflammation and pain in the joints, muscles, or fibrous tissue, especially rheumatoid arthritis (inflammation of a joint)) ailments

Tissue Salts (After Pharma Natura)				
Tissue Salt	Principle Function	Constituent	Indications	Deficiency Symptoms
(11) Nat Sulph	Water eliminator	Stimulates natural secretions	For water retention, acid elimination, biliousness, and influenza Excess water and acid eliminator	Assists with the body water balance indicated in the treatment of biliousness (disorder of the bile), liver upsets, water retention, and influenza
(12) Silica	Skin cleanser	Constituent of connective tissue of the body	For skin conditioning, and cleansing pimples, spots, and brittle nails Skin tissue cleanser, and conditioner	Assists in the treatment of pimples and spots For brittle nails, use in alternation with Kali Sulph

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Tables

Tissue Salt Combins

Table 1 Tissue Salt Combins (After Pharma Natura)			
Combin	Principle Function	Indications	Contents
Combin A	Anaemia	Indicated for anaemia and allied blood disorders. Anaemia caused by dietary deficiency	Calc Phos, Ferr Phos, Kali Mur, Kali Phos, Nat Phos
Combin B	Exhaustion	Indicated as a tonic for mental, and physical exhaustion	Calc Phos, Ferr Phos, Kali Phos, Mag Phos, Nat Phos
Combin C	Constipation	Indicated for constipation and sluggish bowels	Kali Mur, Nat Mur, Silica
Combin D	Digestion	Indicated for disturbed digestion, stomach ache, biliousness, gastric ulcers, dyspepsia - mild indigestion	Kali Mur, Mag Phos, Nat Phos, Nat Sulph
Combin E	Tonsillitis	Indicated for enlarged or septic tonsils and adenoids	Calc Phos, Ferr Phos, Kali Mur, Silica
Combin F	Menstruation	Indicated for menstrual problems	Calc Phos, Ferr Phos, Kali Phos, Kali Sulph, Mag Phos
Combin G	Headaches	Indicated for nervous tension, headaches, and migraines	Ferr Phos, Kali Phos, Mag Phos, Nat Mur, Silica
Combin H	Allergies	Indicated for allergies and allergic asthma	Kali Phos, Kali Sulph, Mag Phos, Nat Mur, Nat Sulph
Combin I	Arthritis	Indicated for arthritis, rheumatism (inflammation and pain in the joints, muscles, or fibrous tissue, especially rheumatoid arthritis (inflammation of a joint)), and fibrositis (inflammation of fibrous connective tissue), lumbago, sciatica, and backache	Ferr Phos, Kali Sulph, Mag Phos, Nat Phos, Nat Sulph
Combin J	Coughs and Colds	Indicated for coughs, colds, chestiness, catarrh, influenza, and sore throats	Ferr Phos, Kali Mur, Kali Sulph, Nat Mur

<p style="text-align: center;">Table 1 Tissue Salt Combins (After Pharma Natura)</p>			
Combin	Principle Function	Indications	Contents
Combin L	Circulation	Indicated for circulation problems, varicose veins, chilblains, swollen ankles, cold hands and feet	Calc Fluor, Calc Phos, Ferr Phos, Kali Mur, Kali Phos
Combin P	Haemorrhoids	Indicated for haemorrhoids and itching piles	Calc Fluor, Ferr Phos, Kali Mur, Kali Phos
Biocombin	General Tonic	Indicated as a general Tonic Contains all 12 Tissue Salts	Calc Fluor, Calc Phos, Calc Sulph, Ferr Phos, Kali Mur, Kali Phos, Kali Sulph, Mag Phos, Nat Mur, Nat Phos, Nat Sulph, Silica

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Table 2 Tissue Salt - Combins (After New Era)		
Combin	Function	Contents
Combin A	For neuralgia, neuritis, sciatica	Ferr Phos, Kali Phos, Mag Phos
Combin B	For general debility, nervous exhaustion and during convalescence	Calc Phos, Ferr Phos, Kali Phos
Combin C	For acidity, heartburn and dyspepsia	Mag Phos, Nat Phos, Nat Sulph, Silica
Combin D	For minor skin ailments and scalp eruptions, eczema, acne, scaling of the skin, etc.	Calc Sulph, Kali Mur, Kali Sulph, Silica
Combin E	For flatulence, colic and indigestion	Calc Phos, Mag Phos, Nat Phos, Nat Sulph
Combin F	For nervous headaches, migraine when associated with nervous weakness	Kali Phos, Mag Phos, Nat Mur, Silica
Combin G	For backache, lumbago, piles and where there is an over-relaxed condition of the tissues (loss of elasticity)	Calc Fluor, Calc Phos, Kali Phos, Nat Mur
Combin H	Hay Fever	Mag Phos, Nat Mur, Silica
Combin I	Fibrositis, muscular pains	Ferr Phos, Kali Sulph, Mag Phos
Combin J	For coughs, colds The winter seasonal remedy	Ferr Phos, Kali Mur, Nat Mur
Combin K	For brittle nails, failing hair	Kali Sulph, Nat Mur, Silica
Combin L	For over-relaxed conditions of veins and arteries	Calc Fluor, Ferr Phos, Nat Mur
Combin M	For rheumatic pain	Calc Phos, Kali Mur, Nat Phos, Nat Sulph
Combin N	For Menstrual pain	Calc Phos, Kali Mur, Kali Phos, Mag Phos
Combin P	For aching feet and legs, poor circulation and chilblains	Calc Fluor, Calc Phos, Kali Phos, Mag Phos
Combin Q	For sinus disorders	Ferr Phos, Kali Mur, Kali Sulph, Nat Mur
Combin R	For infants' teething pains and to aid dentition	Calc Fluor, Calc Phos, Ferr Phos, Mag Phos, Silica

Table 2 Tissue Salt - Combins (After New Era)		
Combin	Function	Contents
Combin S	For stomach upset, biliousness, sick headache The summer seasonal remedy for digestive and intestinal disorders and lassitude	Kali Mur, Nat Phos, Nat Sulph

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<p style="text-align: center;">Table 3 Tissue Salt - Combins (After Schuessler)</p>		
Combin	Function	Contents
Combin A	For neuralgia, neuritis, sciatica, and allied conditions	Ferr Phos, Kali Phos, Mag Phos
Combin B	For general debility, nervous exhaustion, and during convalescence	Calc Phos, Ferr Phos, Kali Phos
Combin C	For acidity, heartburn, dyspepsia, and allied conditions	Mag Phos, Nat Phos, Nat Sulph, Silica
Combin D	For minor skin ailments and scalp eruptions, eczema, acne, scaling of the skin, etc.	Kali Mur, Kali Sulph, Calc Sulph, Silica
Combin E	For flatulence, colic, indigestion, and allied conditions	Calc Phos, Mag Phos, Nat Phos, Nat Sulph
Combin F	For nervous headaches, migraine and allied conditions when associated with nervous weakness	Kali Phos, Mag Phos, Nat Mur, Silica
Combin G	For backache, lumbago, piles and where there is an over-relaxed condition of the tissues (loss of elasticity)	Calc Fluor, Calc Phos, Kali Phos, Nat Mur
Combin H	Hay Fever and associated symptoms	Mag Phos, Nat Mur, Silica
Combin I	Fibrositis, muscular pains, and allied conditions	Ferr Phos, Kali Sulph, Mag Phos
Combin J	For coughs, colds The winter seasonal remedy	Ferr Phos, Kali Mur, Nat Mur
Combin K	For brittle nails, failing hair, and allied conditions	Kali Sulph, Nat Mur, Silica
Combin L	For over-relaxed conditions of veins and arteries, and allied conditions	Calc Fluor, Ferr Phos, Nat Mur
Combin M	For rheumatism, and allied conditions	Nat Phos, Nat Sulph, Kali Mur, Calc Phos

<p style="text-align: center;">Table 3 Tissue Salt - Combins (After Schuessler)</p>		
Combin	Function	Contents
Combin N	For Menstrual pain, and allied conditions	Calc Phos, Kali Mur, Kali Phos, Mag Phos
Combin P	For aching feet and legs, poor circulation, chilblains, and allied conditions	Calc Fluor, Calc Phos, Kali Phos, Mag Phos
Combin Q	For catarrh, sinus disorders, and allied conditions	Ferr Phos, Kali Mur, Kali Sulph, Nat Mur
Combin R	For infants' teething pains and to aid dentition	Calc Fluor, Calc Phos, Ferr Phos, Mag Phos, Silica
Combin S	For stomach upset, biliousness, sick headache The summer seasonal remedy for digestive and intestinal disorders, lassitude, and allied conditions	Kali Mur, Nat Phos, Nat Sulph

End

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