

BIOCHEMIC

TISSUE

SALTS

AN OVERVIEW

Compiled by

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IMPORTANT

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Introduction

Dr. Wilhelm Heinrich Schuessler (1821-1898) (Picture Right) was born in the town of Zwischenahn in Oldenburg, Germany. As a boy, he was "studious", and because of his linguistic abilities, he devoted most of his time to languages. Consequently, he mastered Latin, Greek, English, French, Spanish, and Italian; however, as a young man he decided to become a homoeopathic practitioner.



Schuessler's brother promised to assist with the costs of the tuition on the condition only if he, Schuessler, would stick at it and become a qualified physician practising homoeopathy. Consequently, Schuessler accepted, and he studied medicine at the Universities of Berlin, Paris, Giessen, and Prague - obtaining his MD after two-and-a-half years. After qualifying, he started his practice, as a homoeopathic physician, at Oldenburg.

Schuessler was one of Dr Samuel Hahnemann's (the father of homoeopathy) followers, and as a practising homoeopath he was familiar with, and used, the full repertoire of homoeopathic remedies. However, Schuessler's own research led him to focus on the inorganic substances that were based on twelve common minerals that the body's tissues require for good health and maintenance. And it was from his research that he identified and produced the Twelve Biochemic Tissue salts which form the basis of Biochemic Medicine.

In 1873, Schuessler published, in the "*General Homoeopathic Journal*" (Allgemeine Hom Zeitung) vol. 86, page 91, the first treatise of his new healing system under the title "*An Abridged Homoeopathic Therapy*". In 1874, his first book was published, "*An Abridged Therapy Based on Physiology and Cellular Pathology*"; and this would carry the message of his "new science and medicine" around the world.

On the 17th July 1885 the first Biochemic Association was founded in Oldenburg. Today, the Headquarters is situated in Germany, and the Institute has over 70 branches and Education facilities.

Dr. Wilhelm Heinrich Schuessler died in Oldenburg on the 30th March 1898 at the age of 76.

Summary

Schuessler called his system of treatment "Biochemic Therapy or Medicine". It is an offshoot of homoeopathy - the twelve salts used were homoeopathically produced remedies. Biochemic tissue salts are used in potentised form, similar to homoeopathic remedies.

However, while the homoeopathic remedies produce a similar vital disorder to stimulate the vital force to check the natural diseases, the biochemic tissue salts supply the deficiency in the tissues and cells of the body to restore their vitality. Thus, homoeopathy restores the vital or spiritual disorder; and Schuessler's therapy is concerned with the corporeal disorder and its resolution.

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A Basic Understanding

Regarding his Biochemic Tissue Salts, Dr Schuessler believed that "all practitioners" should understand and follow:

- 1) Disease does not occur if cell metabolism is normal.
- 2) Cell metabolism is, in turn, normal of cell nutrition is adequate.

- 3) Nutritional substances are either of organic or inorganic nature as far as the body is concerned.
- 4) The ability of the body cells to assimilate, and to excrete, and further to utilise nutritional material is impaired if there is a deficiency of the inorganic material (Tissue Salt) constituent in the tissues.
- 5) Adequate cell nutrition may be restored and cellular metabolism normalised by supplying the required tissue biochemic salts to the organism in a finely divided assailable (adjustable) form.

Consequently, the simple logic of Schuessler's Tissue Salts is:

- 1) The human body contains twelve essential mineral (tissue) salts; and a correct balance of which must be maintained in order to ensure normal cell function and the maintenance of good health.
- 2) With any imbalance, the situation develops that is called "illness" or "dis-ease".
- 3) A normal balance of the twelve essential mineral (tissue) salts can be re-established with the administration of the deficient mineral in a readily assimilated form, which passes rapidly into the bloodstream and therefore into the cells.

Schuessler's simple system of cure, using combinations of the twelve Tissue Salts makes it possible for any individual to treat themselves, both safely and effectively.

As we can now see, this system of "biochemic medicine" has been "clinically proven" for over two hundred years - since the beginnings of modern homeopathic medicine.

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How long until I see results?

People can differ widely in their "response times" to Tissue Salts - variables include: individual makeup, the nature and severity (acute or chronic) of the ailment, symptoms manifested, lifestyle, diet, etc.

However, some individuals may experience symptomatic relief within hours or days, while others can take up to 6 weeks before an effect is felt.

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The Elements

When Schuessler analyzed human blood and tissue, he found that there were ten essential constituent minerals, namely - Calcium, Chlorine, Fluorine, Iron, Magnesium, Phosphorus, Potassium, Silica, Sodium, and Sulphur.

Tissue Salt Elements (10)

Consequently, the ten specific elements of which the Tissue Salts are comprised are:

Calcium (Ca), Chlorine (Cl), Fluorine (F), Iron (Fe), Magnesium (Mg), Phosphorus (P), Potassium (K), Silica (Si), Sodium (Na), and Sulphur (S):

- **Calcium (Ca)** is in 3 of the 12 remedies
- **Chlorine (Cl)** is in 2 of the 12 remedies
- **Fluorine (F)** is in 1 of the 12 remedies
- **Iron (Fe)** is in 1 of the 12 remedies

- **Magnesium (Mg)** is in 1 of the 12 remedies
- **Phosphorus (P)** is in 5 of the 12 remedies
- **Potassium (K)** is in 3 of the 12 remedies
- **Silica (Si)** is in 1 of the 12 remedies
- **Sodium (Na)** is in 3 of the 12 remedies
- **Sulphur (S)** is in 3 of the 12 remedies

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Tissue Salt Element-Groupings

Schuessler's twelve Tissue Salts are made up of combinations of the ten minerals:

- **Calcium group (Ca) Group**
 - Calc Fluor (1) - CaF_2
 - Calc Phos (2) - $\text{Ca}_3(\text{PO}_4)_2$
 - Calc Sulph (3) - CaSO_4
- **Chlorine (Cl) Group**
 - Kali Mur (5) - KCl
 - Nat Mur (9) - NaCl
- **Fluorine (F) Group**
 - Calc Fluor (1) - CaF_2
- **Iron (Fe) Group**
 - Ferr Phos (4) - $\text{Fe}_3(\text{PO}_4)_2$
- **Magnesium group (Mg) Group**
 - Mag Phos (8) - $\text{MgHPO}_4 \cdot 7\text{H}_2\text{O}$
- **Phosphorus (P) Group**
 - Calc Phos (2) - $\text{Ca}_3(\text{PO}_4)_2$
 - Ferr Phos (4) - $\text{Fe}_3(\text{PO}_4)_2$
 - Kali Phos (6) - K_2HPO_4
 - Mag Phos (8) - $\text{MgHPO}_4 \cdot 7\text{H}_2\text{O}$
 - Nat Phos (10) - $\text{Na}_2\text{HPO}_4 \cdot 12\text{H}_2\text{O}$
- **Potassium group (K) Group**
 - Kali Mur (5) - KCl
 - Kali Phos (6) - K_2HPO_4
 - Kali Sulph (7) - KSO_4
- **Silicon Group (Si)**
 - *Silica or Silicea (12) - SiO_2

(*The chemical compound silicon dioxide, also known as silica (from the Latin silex - "flint"; "non-metal"), is an oxide of silicon (Si) with the chemical formula of SiO_2)
- **Sodium group (Na) Group**
 - Nat Mur (9) - NaCl

- Nat Phos (10) - $\text{Na}_2\text{HPO}_4 \cdot 12\text{H}_2\text{O}$
- Nat Sulph (11) - $\text{Na}_2\text{SO}_4 \cdot 10\text{H}_2\text{O}$
- **Sulphur (S) Group**
 - Calc Sulph (3) - CaSO_4
 - Kali Sulph (7) - KSO_4
 - Nat Sulph (11) - $\text{Na}_2\text{SO}_4 \cdot 10\text{H}_2\text{O}$

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Schuessler's Twelve Tissue Salts

The Twelve Tissue Salts			
Abbreviation (No)	Chemical Formula <i>(origin)</i>	Name	Key Words
Calc Fluor (1)	CaF_2 <i>(Fluoride of lime)</i>	Calcium Fluoride	Strengthens tissues
Calc Phos (2)	$\text{Ca}_3(\text{PO}_4)_2$ <i>(Phosphate of lime)</i>	Calcium Phosphate	Cell builder
Calc Sulph (3)	CaSO_4 <i>(Sulphate of lime)</i>	Calcium Sulphate	General cleanser
Ferr Phos (4)	$\text{Fe}_3(\text{PO}_4)_2$ <i>(Phosphate of iron)</i>	Ferric Phosphate	Anti-inflammatory
Kali Mur (5)	KCl <i>(Chloride of potash)</i>	Potassium Chloride	Removes congestion
Kali Phos (6)	K_2HPO_4 <i>(Phosphate of potash)</i>	Potassium Phosphate	Activates nerve power
Kali Sulph (7)	KSO_4 <i>(Sulphate of potash)</i>	Potassium Sulphate	Cell oxygenator
Mag Phos (8)	$\text{MgHPO}_4 \cdot 7\text{H}_2\text{O}$ <i>(Phosphate of magnesia)</i>	Magnesium Phosphate	Nerve and muscle nutrient, anti-spasmodic
Nat Mur (9)	NaCl <i>(Chloride of soda)</i>	Sodium Chloride	Water balance, circulation
Nat Phos (10)	$\text{Na}_2\text{HPO}_4 \cdot 12\text{H}_2\text{O}$ <i>(Phosphate of soda)</i>	Sodium Phosphate	Acid neutralizer

The Twelve Tissue Salts			
Abbreviation (No)	Chemical Formula (<i>origin</i>)	Name	Key Words
Nat Sulph (11)	Na ₂ SO ₄ ·10H ₂ O (<i>Sulphate of soda</i>)	Sodium Sulphate	Removes excess fluid
Silica (12)	SiO ₂ (<i>Silica</i>)	Silicon Dioxide	Removes non-functional organic matter. Removes excess calcium, removing scar tissue

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Tissue Salt Preparation and Potency

At first Schuessler began, when preparing his Tissue Salts, with the sixth centesimal or twelfth decimal trituration; but he adopted, very early in his practice, the sixth decimal preparation as the one most generally useful.

Although Schuessler's Tissue Salt therapy is not the same as homeopathic treatment, the Tissue Salts are prepared similarly to homeopathic remedies. Typically, Tissue Salts are prepared and marketed as a 6x potency.

This potency is prepared by mixing one part mineral compound to nine parts milk sugar - the mixture is then very thoroughly ground. Next, one part of this ground compound is again mixed with nine parts milk sugar, and thoroughly ground. This process is repeated six times for a 6x potency (sixth decimal preparation), and twelve times for a 12x potency (twelfth decimal preparation). Today, Tissue Salts rarely appear in potencies other than 6x.

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Dosage

Dosage - General

There is no, simple, "correct dosage" for Tissue Salts, because the amount you will need to take will reflect the type and severity of your symptoms. In adults, an average dose will be 4 tablets, 3 times daily, before meals.

As a general rule, the Tissue Salts may be repeated every half hour for immediate relief if the complaint is acute or particularly problematic. If necessary, they may be repeated every ten or fifteen minutes. Once the acute stage has passed, reduce the dosage to three times daily until the condition has disappeared.

Dosage - Manufacturer's Recommendation

Following are the dosage recommendations by New Era - a major manufacturer of Tissue Salts:

Unlike 'true' homeopathic remedies, tissues salts are taken with frequency over a period of time with no worry of an aggravation.

How often you take the dose during the day depends on your condition and whether it is "acute" or "chronic" - your practitioner will advise you over this; however, a general rule of thumb is:

- **Acute** - dissolve the Tissue Salts in hot water (9 pills in 200 ml for adults) and sip it every 5-15 minutes depending on the severity of the symptoms. Once improvement occurs sip every hour or two. This method is very good for the cramping, spasmodic pains of Mag Phos e.g. period pains.
- **Chronic** - two or three doses morning, noon and night; so an adult with a chronic illness would take 4 pills in the morning, 4 at noon and 4 at night.

The standard single dosing is:

- **Adults** - 4 tabs
- **Children over 3** - 2 tabs
- **Children under 3** - 1 tab
- **Babies over 3 months** - 1 tab

For children under three the tablet can be crushed and the powder given or dissolved in a small amount of water.

Practitioners will often just prescribe one or two of the Tissue Salts on their own in order to deal with your problem. Each Tissue Salt has what we describe as a large 'picture' associated with it and could cover a very wide range of symptoms in a case.

Typical Dosage - on New Era Tabs

Adults	- 4 x tabs
Children	- 2 x tabs
Infants	- 1 x tab

Tabs to be dissolved under the tongue.

Chronic cases - 3 x doses daily.

Acute cases - every 30 minutes until relief is obtained; thereafter 3 x doses daily

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General Rules of Administration

- Take at least 30 mins (some authorities 15 mins) before or after eating or drinking anything.
- Do not drink tea or coffee directly (30 mins (some authorities 15 mins)) before or after.
- Do not take following the cleaning of your teeth with toothpaste.
- Avoid eating mints, especially peppermints.
- Do not handle the remedies; tip into the lid or onto a plastic spoon. Some authorities recommend that the remedied DO NOT come into contact with metal implements (spoons, etc).
- Tablets should be placed under the tongue for optimal effect, since they are best absorbed through the mucous membranes.
- For children less than three months (alternatively crush and add to a little water), and pets, crush the tabs and place under the tongue.
- When storing the remedy containers, they should be kept dry, tightly closed and away from heat and strong aromas.

- Tissue Salts are compatible with other medicines; however, it may be preferable to use the Tissue Salts alone to better monitor their effects. Another medicine that is administered concurrently with Tissue Salts may affect the symptoms and make it difficult to determine the action of the Tissue Salts.

Symptom Change

If symptoms change, it may be found that the original choice of remedy is now inappropriate and is no longer effective. Consequently, it will be necessary to replace the remedy with one that better suits the symptoms apparent at the time.

If more than one Tissue Salt seems appropriate, take in combination, or alternate each remedy at the required dosage.

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The 12 Tissue Salts - Quick Reference

Calc Fluor (1) - Calcium Fluoride - (Fluoride of lime)	- CaF₂
Calc Phos (2) - Calcium Phosphate - (Phosphate of lime)	- Ca₃(PO₄)₂
Calc Sulph (3) - Calcium Sulphate - (Sulphate of lime)	- CaSO₄
Ferr Phos (4) - Ferric Phosphate - (Phosphate of iron)	- Fe₃(PO₄)₂
Kali Mur (5) - Potassium Chloride - (Chloride of potash)	- KCl
Kali Phos (6) - Potassium Phosphate - Phosphate of potash	- K₂HPO₄
Kali Sulph (7) - Potassium Sulphate - (Sulphate of potash)	- KSO₄
Mag Phos (8) - Magnesium Phosphate - (Phosphate of magnesia)	- MgHPO₄7H₂O
Nat Mur (9) - Sodium Chloride - (Chloride of soda)	- NaCl
Nat Phos (10) - Sodium Phosphate - (Phosphate of soda)	- Na₂HPO₄12H₂O
Nat Sulph (11) - Sodium Sulphate - (Sulphate of soda)	- Na₂HPO₄12H₂O
Silica (12) - Silicon Dioxide - (Silica)	- SiO₂

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Calc Fluor (1) - Calcium Fluoride - (Fluoride of lime) - CaF₂

Calc Fluor builds, restores, and maintains tissue elasticity. Muscles and tissues that have become too relaxed or flaccid disrupt the healthy functioning of organs and body systems. An imbalance in the presence of Calc Fluor results mainly in weakness found in teeth and bones.

Calc Fluor gives tissues their elasticity. It works on connective tissue, the surface of the bones, and tooth enamel where it is deficient or discoloured. Whenever there is a weakening or an overly relaxed condition, Calc Fluor is indicated. It is good for sluggish circulation, cracks in the skin, loose teeth and muscular weakness caused by overstraining or overstretching muscles, ligaments, and joints - especially in active, loose limbed individuals such as gymnasts or athletes.

Calc Fluor is particularly abundant in the bones and teeth, blood vessel walls, muscles, and connective tissue. This Tissue Salt strengthens weak, brittle bones and poor teeth enamel, and may heal bony outgrowths such as heel spurs. Calc Fluor is also widely used to restore tissue elasticity when it is lax or overly stiff. It is recommended for skin cracks and fissures, and when the skin becomes thick and hard. It may help hernia pains and strained or hardened tendons. Calc Fluor can help haemorrhoids and varicose veins. Wet weather may make symptoms worse, while warmth and massage can improve symptoms.

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Calc Phos (2) - Calcium Phosphate - (Phosphate of lime) - Ca₃(PO₄)₂

Calc Phos is a main constituent of body cells and body fluids. It is essential for health cellular functioning and growth. This is an excellent aid to the body when recovering from illness. The blood, the gastric system, bones, and teeth benefit from Calc Phos. An imbalance in the presence of Calc Phos results mainly in impaired growth and development, poor blood circulation, weak bones and teeth.

Calc Phos works on growth and nutrition. It is used to restore weakened organs and tissues. It is also used for bones and teeth, and is particularly appropriate when a child is not growing or is low to develop. It also aids absorption and digestion of food in the body

Calc Phos is important for the skeletal system, teeth and connective tissues. As a mineral compound, calcium phosphate constitutes over half of your bone structure. As a Tissue Salt, it is naturally helpful

in healing fractures, for conditions relating to the digestive tract and for coldness and numbness from poor circulation.

Calc Phos is often beneficial for anaemia as well as for poor growth and development in children. It can promote the development of teeth and help with teething problems or decaying teeth. It can also be used to speed recovery when convalescence from illness is delayed. Pains related to Calc Phos tend to be worse at night.

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Calc Sulph (3) - Calcium Sulphate - (Sulphate of lime) - CaSO_4

Calc Sulph plays an essential part in the purification of the system and is a constituent of liver cells, and connective tissue. Its role in the elimination of waste in the body is vital for maintaining good health. An imbalance in the presence of Calc Sulph results mainly in skin problems and slow-healing wounds.

Calc Sulph is a blood purifier. It cleans out accumulated non-functional, organic matter in the tissues, and it throws off decaying organic matter. It is used for all blood impurities.

Calc Sulph is a blood purifier that is often useful with acne, abscesses, ulcers and wounds that have become infected. Calc Sulph closes and clears up an infection. This remedy is indicated for infections that are slow to heal, and when the discharges are yellow, thick and possibly bloody. Calc Sulph can prevent an oncoming cold or sore throat.

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Ferr Phos (4) - Ferric Phosphate - (Phosphate of iron) - $\text{Fe}_3(\text{PO}_4)_2$

Ferr Phos is a vital constituent of haemoglobin in the blood as it carries oxygen to body cells for body functioning and carbon dioxide to the lungs for elimination. An imbalance in the presence of Ferr Phos results mainly in disturbances of the blood, and the count of red corpuscles.

Ferr Phos is the pre-eminent tissue-salt first-aid remedy. It is the oxygen carrier and is the remedy primarily used to quell fever. It is good for congestion, pain, high temperatures, and a quickened pulse. It can also be given in the early stages of acute disorders and should be administered frequently until the inflammation subsides. It is good for illness in old age and in children, and it is a useful first-aid tissue-salt for muscular strains and sprains.

Consider this Tissue Salt in the first stage of any inflammation where the skin or mucous membrane is red, painful and swollen. Ferr Phos can relieve fevers, especially where the skin is hot and dry and the cheeks flushed. Typically, there will be thirst. The head may be congested and throbbing. Ferr Phos is indicated with painful sore throats, laryngitis, earaches and similar inflammatory conditions in the beginning stages. It is also useful immediately following an injury to help stop the blood flow if there is bleeding, or to reduce swelling, heat, redness and pain. With sprains or strains, the pains are worsened by movement; elevate the limb and apply a cold compress. Ferr Phos is an oxygen supplier to the cells, so it is useful for anaemic conditions, particularly when they occur as a result of heavy bleeding.

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Kali Mur (5) - Potassium Chloride - (Chloride of potash) - KCl

Kali Mur works to fight against respiratory disorders and is a decongestant. Kali Mur unites with body protein which is present in body tissues and is used by the body to eliminate toxins. It also works well to fight respiratory congestion, coughs, and colds. An imbalance in the presence of Kali Mur results mainly in weakness in the ability of the lungs to eliminate catarrh and the middle ear due to fluid build up.

Kali Mur is for sluggish conditions. It works on skin problems, such as eczema and warts, on mucous membranes and wherever pus occurs. It is also used to cleanse and purify the blood. It should be used when the tongue has a white coating and when the liver is torpid and dysfunctional. It is also effective in the treatment of colds, sore throats, coughs, tonsillitis, bronchitis, and in all children's illnesses such as measles, chicken pox, and mumps.

Kali Mur should be considered with weak and sluggish conditions. It acts as a blood purifier when infections discharge a thick, white or gray substance. It is useful in skin eruptions and also in infections after the initial inflammatory stage. In injuries where swelling occurs, use Kali Mur during the initial swelling phase. Kali Mur is useful for infections such as tonsillitis, head colds and earaches when the swelling is marked. With infectious bronchitis, the phlegm is thick and may cause rattling and wheezing. Poor digestion, when it develops after eating rich or fatty foods, also benefits from Kali Mur. The tongue is typically coated white and the stools may be lighter in colour, indicating sluggishness of the liver.

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Kali Phos (6) - Potassium Phosphate - Phosphate of potash - K_2HPO_4

Kali Phos is primarily a nerve nutrient and is essential to a healthy metabolism. It is indicated for nervousness, nerve related complaints, fatigue, insomnia, and nervous headaches. An imbalance in the presence of Kali Phos results mainly in weakness found in the nerve and brain tissues.

Kali Phos is the nerve nutrient. It is a wonderful remedy for nervous people, or those under stress and faced with intense demands. It also helps to keep school children contented, happy, and sharp-witted. When children are fretful, ill humoured, bashful, or lazy, this remedy helps restore balance. Kali Phos is good for nervous headaches, sleeplessness, lowered vitality, depression, weariness, grumpiness, and other conditions where vitality is low.

This Tissue Salt is particularly suited to conditions relating to the nerves. It is beneficial for anxiety and nervousness, for irritability from frayed nerves, or for poor memory, typically accompanied by fatigue. Kali Phos will relieve insomnia, asthma, headaches and indigestion if they are triggered by a temporary attack of nervous tension. This Tissue Salt is also useful for treating physical conditions relating to the nerves, including shingles and skin conditions where there is itching and a crawling feeling. Nerve pains or spasms, and cramps not relieved by Mag Phos, are often helped by Kali Phos.

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Kali Sulph (7) - Potassium Sulphate - (Sulphate of potash) - KSO_4

Kali Sulph is a conditioner for the skin, hair, and mucous membranes. It assists in the formation of mucous lining and skin. It aids in the discharging of mucous. An imbalance in the presence of Kali Sulph results mainly in weakness found in the skin surface, lungs, and mucous lining of the internal organs.

Kali Sulph helps respiration when an individual feels that they cannot get enough air. It is also indicated when there is a sticky, yellowish discharge on the skin or mucous membrane. It works on eruptions on the skin and scalp accompanied by scaling. It will help to eliminate a sore throat.

Kali Sulph helps with conditions of the skin and mucous membranes. These skin conditions typically develop a discharge which is yellow and sticky or watery, common in the later stages of an infection. The tongue may be covered with a slimy, yellow coating. Crusty or scaling skin problems also benefit from this remedy. Diarrhoea and sinus infections past the initial stages with a slimy, yellow quality are typical uses for Kali Sulph. Digestive complaints and colic with gas or shifting pains may be helped by this Tissue Salt. Typically, the conditions are better in cool, open air, and worse in warm, stuffy rooms. Kali Sulph is a remedy for cramps not relieved by Mag Phos, especially when some of the above symptoms are also present.

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Mag Phos (8) - Magnesium Phosphate - (Phosphate of magnesia) - $MgHPO_4 \cdot 7H_2O$

Mag Phos works foremost as a relaxant and antispasmodic. It is excellent for the relief of sharp pain, nervousness, cramps, muscle spasms, and neuralgia. An imbalance in the presence of Mag Phos results mainly in weakness in the muscles and nervous system.

Mag Phos is an anti-spasmodic. It works with the nervous system when there is pain. It is indicated for neuralgia, neuritis, sciatica, and headaches with shooting, darting pains or that start in the area of the nape of the neck. It will relieve muscular twitching, heartburn, cramps, hiccups, convulsive coughing, and sharp twinge-like pains. It works best when the remedy is taken with a sip of hot water.

Mag Phos is the chief Tissue Salt to consider for cramps and spasms in the muscles or nerves. Nerve pains are typically sharp and may shoot along the nerve. This Tissue Salt quickly relieves cramping pains and colic that are improved by warmth, pressure and doubling over. Cold drafts and cold water tend to worsen the condition. Tension headaches and fitful, spasmodic coughs often benefit from Mag Phos. In the acute stages, this Tissue Salt acts more quickly when taken dissolved in some hot water.

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Nat Mur (9) - Sodium Chloride - (Chloride of soda) - $NaCl$

Nat Mur aids in the distribution of water to cells. Too little or too much water in the body can create a range of body ailments all of which may be relieved by Nat Mur. An imbalance in the presence of Nat Mur results mainly in weakness found in the balance of water in the body.

Nat Mur works on water distribution. It maintains the proper balance of moisture in the cell wall. Excessive moisture or excessive dryness in any part of the system can lead to a deficiency is salt I which is what Nat Mur is.

This Tissue Salt is indicated for low spirits, despair, depression, headaches with constipation, colds with discharges of mucus and sneezing, a dry painful nose, and throat symptoms. Also good for heartburn, a tremendous thirst, toothache, and facial neuralgia with a flow of tears, weak eyes, hay-fever, muscular weakness, un-refreshed sleep, and the after effects of alcohol.

Nat Mur's main function is to properly distribute body fluids. If excess dryness or water retention occurs, this indicates a need for Nat Mur. Water-filled blisters, insect bites, hives that itch, and dry eczema, are all skin conditions this Tissue Salt often heals. Colds and hay fevers with watery mucus and sneezing, usually accompanied by a loss of smell and taste, also indicate Nat Mur. Other problems helped by this Tissue Salt are constipation, digestive complaints, and headaches that are worse in the morning and from the sun. Often a craving for salt develops, and the spirits tend to be low. Sometimes, there is an associated feeling of hopelessness.

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Nat Phos (10) - Sodium Phosphate - (Phosphate of soda) - $Na_2HPO_4 \cdot 12H_2O$

Nat Phos' main function is as an acid neutraliser. The build up of lactic acid in tissues creates long and short term problems. Nat Phos helps to eliminate acid that causes digestive upsets and painful joints. An imbalance in the presence of Nat Phos results mainly in disorders of the gall bladder which then debilitates the processing of fats causing biliousness and jaundice.

Nat Phos is known as the "acid neutralizer". It is good for a wide group of ailments arising from too much acid in the blood. This remedy controls the assimilation of fats, and has an affinity with the digestive system. It is indicated for dyspepsia, pain after eating, highly coloured urine, worms, and nervous irritability. It also works for sleeplessness from nervous indigestion, and for rheumatism, lumbago, fibrositis (inflammation of the fibrous connective tissue, usually affecting the back) and associated ailments.

Nat Phos is an acid-neutralizing Tissue Salt. It is useful for an acidic stomach which causes nausea, gas, sour belching or a thick, white coating on the tongue. Nat Phos is a useful remedy for morning

sickness or motion sickness, when the vomiting is sour. Since over-acidity is also the source of many arthritic complaints (including gout), Nat Phos is often helpful. This Tissue Salt also regulates bile production, and can be used for jaundice, gall-bladder colic and indigestion from rich or fatty foods.

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Nat Sulph (11) - Sodium Sulphate - (Sulphate of soda) - $\text{Na}_2\text{HPO}_4 \cdot 12\text{H}_2\text{O}$

Nat Sulph works to eliminate excess water and acid. Nat Sulph stimulates the body's natural secretions. Nat Sulph is indicated for water retention, acid elimination, biliousness, and influenza. Together with Nat Mur which attracts water into the body cells and systems, the two salts regulate body fluids. An imbalance in the presence of Nat Sulph results mainly in weakness found in the last stages of digestion, the pancreas, kidneys, joints, and fluid systems of the body.

Nat Sulph helps to eliminate excess water. It controls the healthy functioning of the liver by promoting the free flow of bile, and is indicated for biliousness and sandy deposits in the urine. It is the principle agent for treating flu, humid asthma, malaria, and other conditions associated with humidity. A few doses will help to dispel the languid feeling experienced during humid weather.

Nat Sulph regulates the distribution of water and the flow of bile. This Tissue Salt is beneficial for the liver, pancreas, intestines and kidneys. Jaundice, bitter belching and dark-coloured, greenish stools and diarrhoea all suggest a need for this Tissue Salt. The coating on the tongue is typically greenish brown. Nat Sulph is often beneficial for flu and colds and is another remedy for morning sickness, when there is a bitter taste in the mouth. In the respiratory system, this Tissue Salt should be considered for asthma brought on by humidity. The effects of head injuries may be remedied by Nat Sulph.

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Silica (12) - Silicon Dioxide - (Silica) - SiO_2

Silica primarily cleanses and conditions the skin. It is also a constituent of connective tissues of the body, the hair, and nails. An imbalance in the presence of Silica results mainly in weakness found in the skin, bones, memory, and circulation.

Silica is the cleanser. It throws off non-functional organic matter. It can initiate the healing process by promoting suppuration, which is one way the body releases toxins, and by breaking down pathological debris in the blood. It is good for abscesses, skin and nail weakness, and for strong bones. It acts as a nerve insulator, and is good for toothache and other forms of acute pain. Use silica for offensive perspiration of the feet and armpits, and for when pus forms or there are abscesses, boils, or styes. It can also be used to treat tonsillitis.

Silica is a Tissue Salt to ripen infections and eliminate them through the surface. It acts as a blood cleanser and is useful in abscesses, tonsillitis, sties and other infections to promote the formation of pus when an outlet is available. The Tissue Salt Silica supports the bone structure and connective tissues. When it is lacking, the nails, hair and bones may become weak. Weakness and poor stamina may be evident in other parts of the body, so this Tissue Salt should be considered if these problems fail to resolve and if injuries heal poorly. It can also be used for absent-mindedness and weak memory. Consider Silica for neuralgia when Mag Phos fails. Excessive or suppressed perspiration can also be restored to normal with this Tissue Salt.

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The 12 Tissue Salts - Detailed

Calc Fluor (1) - Calcium Fluoride - (Fluoride of lime) - CaF_2 :

Calc Fluor strengthens tissues - Elasticity Mineral - The component of cells of bones (esp. the surface of the bones), tooth enamel, elastic fibres of the skin, muscle tissue, and blood vessels.

Essential for strong teeth and bones. Also responsible for healthy elasticity of skin and fibres.

Restores, and maintains tissue elasticity. Supports tissue elasticity, therefore helping ligaments and blood vessels. It also helps healthy bones and teeth.

Signs of Deficiency: varicose veins, eczema, piles/haemorrhoids, anal fissures, constipation, sluggish circulation (often causes enlargement of heart muscle), poor tooth enamel, brittle nails, cracked or cut skin. Lumbago, possible uterine/anal prolapse, hardening of the inguinal glands (lymph nodes), and anal fissures. Constipation, dry flaky skin, red/brown marking in the corners of the eyes, stretch marks, chapped skin (esp. palms), thick calluses. Loose teeth, retarded dental development, swelling of bone (enlarged joints of toes and fingers). Productive (yellow phlegm) "ticklish" cough.

Herpes simplex, mouth corner(s) cracked, and chapped lips.

Prominent pain in the lower back; a "dragging down" feeling.

Loss of tissue elasticity (flaccid body tissue), muscle weakness, dental decay (tooth enamel rough and brittle), enlarged lymph glands; and skin cracks, thick calluses, and fissures. Cold extremities (hands and feet - often blue). Poor general circulation which causes the blood vessels to dilate. Blurring of vision and aching eyes. Cracked or inflamed tongue. Inflamed nasal septum (nasal discharge - yellow, offensive, and lumpy).

Common Ailments: eczema, herpes simplex, lumbago, varicose veins.

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Calc Phos (2) - Calcium Phosphate - (Phosphate of lime) - $\text{Ca}_3(\text{PO}_4)_2$:

Calc Phos is a cell builder - Nutrition salt and Tonic - Major mineral component of every structure, tissue and fluid in the body; connective tissue, bone, teeth, blood, gastric fluids. A vital component of the body's nutrition process from digestion, assimilation, cell growth through to energy expenditure.

Calc Phos joins with water-soluble proteins (albumen) to produce solid structures such as bone and teeth, etc; hence its use as a "good bone remedy".

Major cell restorer mineral, aids quick recovery, essential for growth in children because of its importance to young developing tissues.

Constituent of blood, bones, teeth, connective tissue. Aids recovery from poor nutrition and lowered vitality.

Signs of Deficiency: General ill health. Copper-coloured blemishes/spots, and general pruritis (dry, itching skin, like eczema). Poor appetite and impaired digestion, pale and gaunt appearance, palpitations, sadness and poor healing and recuperation. Brittle bones, and poor repairs of bone fractures. Any kind of bone disease, numbness in any of the limbs, cold sensations (blue extremities), pains and spasms.

Poor appetite, digestion, and malabsorption. Slow metabolism; general ill health, slow healing during and after illness and trauma. Slow, retarded, poor circulation i.e. Chilblains, spasms, pains coldness and numbness of the limbs (icy to the touch). All bone diseases.

Teeth disorders, slow development of teeth, decay.

Lack of vitality and endurance, impaired healing, brittle bones, toneless muscles, tissues and organs, headaches, pubertal headaches, head feels cold during headache, poor memory. Aching of the mastoid bone (just behind the ear).

Common Ailments: anaemia, calcification within the kidneys or gallbladder, chilblains (erythema pernio), flatulence, gall stones, general weakness, kidney stones, nasal polyps (small sac-like growths), throat infections, tonsillitis.

Note: Symptoms are relieved by the individual lying down, keeping warm, and resting.

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Calc Sulph (3) - Calcium Sulphate - (Sulphate of lime) - CaSO_4 :

Calc Sulph is a general cleanser - Cell Healer and Blood Purifier - Mineral constituent of the liver, blood, and epithelial cells. It prevents the disintegration of the cell membrane and stops pus forming. Calc Sulph helps in the removal of waste products from the blood stream and tissues of the body. Cleanses and purifies - it promotes good health and purifies the blood.

Calc Sulph is found within the tissues, and the liver.

Superb blood purifier - Calc Sulph purifies the entire body and removes waste products from the blood. Is of great benefit in the case of varicose veins (esp. if chronic, and/or the varicose is exuding a watery or suppurated (pus) fluid).

Blood constituent, and cleanser. With its cleansing action, it helps maintain a healthy skin and to treat pimples or acne.

Signs of Deficiency: acne, pimples, the eruption of pustules, catarrh, gumboils, in extreme pimples can progress to become abscesses and ulcers. Frontal headaches, and neuralgia. Pain that encompasses the whole head. Impaired healing (wounds, sores, and cuts are slow to heal), skin eruptions (urticaria - an itchy rash), skin ulceration, abscesses, and the presence of pus (yellow and possibly blood streaked).

Skin problems, abscesses and ulcers. Also excess catarrh and mucus, and neuralgia.

Cuts and wounds slow to heal, acne, corneal abscesses (alternate with Ferr Phos). Septic throat, and tonsillitis.

Skin problems, pimples in adolescents, and cuts that are slow to heal.

Common Ailments: abscesses, acne, boils, dandruff, facial pimples and sores, frontal headache, localised collection of pus, open wounds, tonsillitis, ulcers, varicose veins.

Note: Symptoms are relieved with dry and warm conditions, and exacerbated by wet and damp conditions.

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Ferr Phos (4) - Ferric Phosphate - (Phosphate of iron) - $\text{Fe}_3(\text{PO}_4)_2$:

Ferr Phos is an anti-inflammatory - First Aid Salt - Constituent of haemoglobin. Vital as the carrier of oxygen to every cell of the body.

Ferr Phos is found within blood haemoglobin, arteries, and blood vessels.

Ferr Phos Should always be taken as a supplementary to a more specific treatment, no matter what the symptoms are. Ferr Phos is necessary in the treatment of all acute illness and trauma. Indicated whenever there is inflammation i.e. heat, redness, ruddy complexion, pain or any other signs of infection. Reddened, hot and dry skin. High temperature, fever, feverish conditions, coughs, colds,

hoarseness, laryngitis, red and sore throat, chills, flu, congestion, headaches, all childhood diseases (measles to chicken pox), diseases of the elderly.

Ferr Phos is extremely helpful as part of the treatment of anaemia or blood loss of any kind including menstruation. Great thirst.

Excellent carrier of oxygen to every cell throughout the body. Also a natural anti-inflammatory and top immune-system support. Take at the first sign of a cold. Also, together with Kali Phos, it is very good for feverish conditions.

Anti-inflammatory. Helps respiratory problems, bronchitis, whooping cough, tickling cough, blood health, sore throats, and bleeding. It also supports the aged.

Signs of Deficiency: inflammation, anaemia, heavy menstruation, tiredness and shortness of breath, listlessness, rapid pulse, palpitations, shivering/rigors, lymph congestion, dark smudges under the eyes, ruddy complexion, any anaemic deficiencies, and haemorrhage.

Fever, feverish colds, chills, congestion, giddy feeling, headaches in children, gritty eyes, conjunctivitis (red and inflamed), earache (throbbing and/or burning - esp, in cold and wet conditions), sore throats, hoarse, laryngitis, red and sore throat, chronic diarrhoea, chronic constipation, kidney pain, rheumatic pains, limb stiffness and lameness, and other inflammatory conditions.

Stuffy nose, epistaxis (nosebleed).

Bronchitis, whooping cough, hot chest, short painful tickling cough.

Painful limbs (esp. on movement). Kidney pain, rheumatic pain, stiffness, and lameness.

Skin eruptions, haemorrhages. Use topically in early injury. Sensitive and sore scalp. Nape of the neck aches with cold.

Common Ailments: anaemia, all childhood diseases (from measles to chicken pox), diseases of the elderly, whooping cough.

It would be difficult to find a case of illness where Ferr. Phos. could not be used to advantage, irrespective of any other treatment that may be given. It is an excellent remedy for ailments associated with advancing years and it is one of the most frequently needed remedies in the treatment of children's ailments.

Other Recommendations: Alternate with Kali Mur. Also, together with Kali Phos, it is very good for feverish conditions.

Note: Ferr Phos is an important remedy to consider at the beginning of any acute disorder, because an inadequate quantity of hydrochloric acid within the digestive juices can prevent the absorption of iron. Also include Ferr Phos at the onset of an injury, or of a feverish condition, or haemorrhage(s).

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Kali Mur (5) - Potassium Chloride - (Chloride of potash) - KCl:

Kali Mur removes congestion - Blood Conditioner - Major constituent of fibrin, which is in every tissue in the body except bone. Thus Kali Mur is needed in the second part of inflammation to dissolve fibrin in inflamed membranes which surround body tissue.

Kali Mur complements Calc Sulph in the purification and cleansing of the blood.

Kali Mur is the liver remedy, and it assists in the production of bile and the fluidity of the blood.

Blood detoxifier and conditioner, crucial for blood clotting. Excellent for all excess catarrh and mucous conditions, particularly those in the ears.

This remedy has also been called, "The Children's Remedy".

Signs of Deficiency: thick, white, sticky secretions (i.e. Catarrh, mucous, phlegm, white coating on tongue (often with headache)). Results in congestion of the body and lymphatic system, which the body has difficulty clearing.

Catarrh of the Eustachian tubes, cracking noises on blowing nose, catarrhal condition of the middle ear. Warts, acne, boils, abscesses, bunions, blistered skin.

Respiratory disorders, and decongestant; coughs, colds, bronchitis. Second stage bronchitis, wheezing, rattling, thick tenacious mucus. Pneumonia, and pleurisy. Used in instances of thick, white mucoid discharges. White, thick fibrinous discharge. White discharge from the eyes, and crustation of the eyes. Stuffy head, white thick phlegm.

Pale, white face, nausea (good for morning sickness), blisters or swellings of glands. Digestive problems (esp. after eating rich foods), light coloured faeces, poor appetite. Mucous colitis, jaundice, asthma associated with gastric disorder. Mucous discharge from vagina (leucorrhoea), dark clotted menstrual flow. Swollen tongue, tonsillitis, sweet-tasting mouth, greyish discharge on coughing.

Congested conditions, respiratory disorders, coughs, colds, and bronchitis. Swollen glands in the neck and swollen cheeks. Swelling from contusions. Circulation poor (blood is thick and clotted). Croup, shingles, mumps.

Second stage bronchitis, wheezing and rattling, thick tenacious mucus.

Swelling from contusions, swollen glands. Circulation - the blood is thick and clotted.

Common Ailments: croup, mucous colitis, mumps, pleurisy, pneumonia, shingles.

Other Recommendations: Alternate with Ferr Phos.

Note: the individual always feels worse following a rich and fatty meal.

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Kali Phos (6) - Potassium Phosphate - Phosphate of potash - K_2HPO_4 :

Kali Phos activates nerve power - Nerve Nutrient - Constituent of all tissues, nerve tissue, brain tissue, and all body fluids. Important in the formation and maintenance of tissue. Vital action in the brain, nerves, muscles, and blood cells. Deficiency signs include

It is a part of all bodily tissues, bodily fluids, especially of the nervous system (nerve cells, brain, etc), and muscles. This Tissue Salt keeps nerves healthy and nourished and is required for the oxidation process.

Nerve nutrient. Helps in cases of nervous tension, and in cases of nervous exhaustion.

Kali Phos also acts as an effective antiseptic which combats any organic decay.

Signs of Deficiency: Signs would include feeling tired, weak, exhausted and stressed, nervous and edgy. Helpful in insomnia, depression, anxiety, nervous headaches and dyspepsia. All illness related to the brain and nervous system. Also acts as a good antiseptic which combats any organic decay. Yellow coating, sticks to mouth's roof. Mouth very dry on rising in morning. Laryngitis, hay fever, and nervous asthma.

Feeling mentally and physically exhausted, sleep-deprived, insomnia, ill-tempered, anxious and stressed. Any illness relating to the nervous system. Brain fatigue, fearfulness, pessimism, shyness, timidity, easily embarrassed, delirium. Giddiness on getting up, alopecia. Dizziness, palpitations, cramps, feeling faint.

Blurred vision, droopy eyelids, weakened eyesight, neuralgia, and tinnitus (buzzing, hissing, or humming in ear(s)). Bleeding gums, nervous toothache. Rash (similar to nettle rash), chilblains, nervous skin diseases such as dermatitis, crawling sensations, and itching.

Feeling empty in the pit of the stomach, and hunger shortly after eating a full meal. Nervous indigestion.

Indicated for men who experience impotence or the lack of desire; and for women where sexual desire increases following their periods.

Temporary nervousness, nervous headache, irritability, black moods, melancholy, depression, weariness, fatigue, tension, sluggish mind, poor memory, despair, anxiety, tearfulness, weepiness, and other nerve complaints. Neuritis, incontinence, impotence, sciatica, motor and spinal nerve disturbance.

Common Ailments: impotence (loss of libido), incontinence, motor and spinal nerve disturbance, neuritis, sciatica (trapped lumbar nerve).

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Kali Sulph (7) - Potassium Sulphate - (Sulphate of potash) - KSO_4 :

Kali Sulph is a cell oxygenator (transports oxygen to the cell linings of the skin as well as the mucous lining of the body's organs).

Skin Salt - Has a special affinity for the cells forming the skin and mucous lining of all bodily organs.

Kali Sulph works with Ferr Phos to carry oxygen to every cell.

An important oxygen carrier and kidney booster. Responsible in part for good skin health, being found in the intercellular epithelium, muscles and nerves.

Skin, and mucous membrane conditioner. Bronchial catarrh and skin ailments (eruptions with scaling) are helped with this salt.

Signs of Deficiency: Flushing. Pruritis, yellow coated tongue, yellow coating at the back of the tongue, dandruff with yellow flakes, itchy scalp, and oily, greasy skin. Inflammation of the tongue, throat, and lips. Papules on the skin that secrete yellow pus. Also any yellow or brownish secretions. Yellow, water discharge and swelling of the eustachian tube. Itching skin that has weeping spots. Disease of the skin with yellow discharge from dry scaly eruptions. Hot and dry to the touch. Nail disorders (add Silica to the recommendation). Nasal catarrh which is difficult to get rid of. Shifting pain with inflammation. Wandering pains in the limbs. Yellow coating to tongue, yellow - green discharge from any tissue or skin surface including skin scaling and crusting. Yellow crusting around the eyelids.

Thick and heavy head, neuralgia, evening headaches that worsen in warm environments. A desperate need for cool air.

Heavy bloated feeling with poor and scanty bleeding on menstruation.

Minor skin ailments, disorders of the scalp, hair, nails, and mucus membrane.

Feelings of sadness and anxiety for no apparent reason.

Common Ailments: asthma, dandruff, eczema (wet), psoriasis, perspiration, dyspnoea (breathlessness; difficulty in breathing).

Other Recommendations: For brittle nails, alternate with Silica. For diseased nails add Silica.

Note: Symptoms are exasperated in warm environments, and reduced in cool environments.

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Mag Phos (8) - Magnesium Phosphate - (Phosphate of magnesia) - $MgHPO_4 \cdot 7H_2O$:

Mag Phos is a nerve and muscle nutrient (very important in the correct functioning of the motor nerves), A major constituent of muscles, nerves, bone, brain, spine, sperm, teeth and blood corpuscles. It combines with albumin and water to form a fluid that nourishes and nurtures the white nerve fibres of the nervous system.

It is anti-spasmodic - Nerve Relaxant - and supplements the function of Kali Phos.

Mag Phos is found mostly in the white nerve fibres of muscles and nerves. It is also a natural anti-spasmodic. It is also found in teeth, bones, muscles, brain and nerve cells, and blood cells.

Signs of Deficiency: Spasmodic pains, cramps, darting pains, neuralgia, and anxiety. Nervousness, hot flushes, migraines, spasms, and muscle cramps. Muscle and nervous tension, sharp headaches, all types of neuralgia, blurred vision, migraine, muscle rigidity, all types of spasming colicky pain. Darting and shooting headache pains, and nervous headaches that result in "seeing stars". Colours and stars before the eyes. Partial vision because of contraction of the blood vessel that serve/feed the retina.

Involuntary trembling of the hands.

Spasm, period pains, cramps, and neuralgia.

Spasmodic shooting pains, especially in cool air, or contact with cold water and touch.

A spasmodic or nervous attack of palpitations and tachycardia.

Spasmodic attacks of pain, neuralgia, muscular contractions that cause bodily twitches.

Peritonsillar abscess (also known as quinsy), which is an abscess that can occur to complicate tonsillitis. A collection of pus develops between the constrictor muscles of the pharynx.

Neuralgia of the face, which is worse at night in the colds, and in response to touch or pressure. Spasmodic attacks of pain, neuralgia, etc.

The individual craves sugar; however, they dislike acidic foods and coffee. Tight, bloated feelings across the abdomen. Dyspepsia and flatulence - stomach cramps.

Common Ailments: angina, cramps of the hand (writer's cramp, etc), earache, neuralgia, neuritis, prostatitis, quinsy, shivers, sciatica, squinting, tetanus, whooping cough.

Other Recommendations: Will usually act more rapidly if taken with a little hot water. Mag Phos is primarily an antispasmodic and supplements the function of Kali Phos.

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Nat Mur (9) - Sodium Chloride - (Chloride of soda) - NaCl:

Nat Mur relates to water balance, and circulation - Fluid Balancer and Water distributor - It is the major constituent of every cell in the body whether liquid or solid. Nat Mur is found throughout the human body. It maintains the body's water balance by controlling the movement of water in and out of the cells. This is closely associated with glandular secretions and nutrition.

Nat Mur also controls the mechanism that produces hydrochloric acid (HCl). Further, Nat Mur promotes the activity of the regulation of the fluid density and tissue change.

Also known as common salt, Nat Mur is crucial for the balance of water throughout the body, and also aids the digestive process.

Water distributor. Used for runny 'colds' and for loss of smell or taste.

Signs of Deficiency: Any sign of excessive dryness or moisture in any area of the body is a sign of deficiency of Nat. Mur. For example fluid retention or swelling in parts of the body, skin dryness, constipation, swollen, dry or cracked tongue. Sometimes, there is an associated feeling of hopelessness. Thin, white, watery scaled blisters on the skin, loss of (dry) hair, greasy skin, painful skin behind the knees and inside of the elbows. Eczema behind ears and in eyebrows.

Any dry, itchy skin, puffy and/or watery eyes, bloated face, or swelling in any part of the body. Digestive problems. Appearance of bloating. Dry mouth because of a lack of saliva. Very thirsty.

Impaired production of saliva, excessive or deficient. Loss of taste, cold sores, painful teeth, and cracked lips.

Sore and painful nose, sneezing and watery discharge from the nose, sore throat. No sense of smell or taste, a watery clear discharge.

Acid indigestion, a distaste of bread, painful anus, severe constipation, excessive thirst, and ravenous hunger.

Facial neuralgia, toothache, muscular weakness, poor sleep.

Despair, headache, constipation.

Spots around the nape of the neck, itching, raging headaches that are worse in the mornings.

Dryness or excessive moisture, watery clear discharge, runny nose, and loss of taste or smell.

Eyesight is impaired, watering eyes.

Common Ailments: Addison's disease (progressive anaemia and bronze discoloration of the skin caused by inadequate secretion of hormones by the adrenal cortex), chronic indigestion, dyspepsia, hay fever, insect bites, insomnia, nettle rash, sunstroke.

Note: All of the above indications and symptoms can be exacerbated at the seaside, in cold weather, and in the mornings.

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Nat Phos (10) - Sodium Phosphate - (Phosphate of soda) - $\text{Na}_2\text{HPO}_4 \cdot 12\text{H}_2\text{O}$:

Nat Phos is an acid neutralizer - A constituent of blood, muscle, nerve, brain cells, and the fluid between cells. Nat Phos is needed in all complaints related to hyper-acidity.

Nat Phos regulates the amount of bile that is stored in the gallbladder, reduces acid content in the muscles as well as the blood stream, thus reducing the possibility of uric acid build up. Use to treat heartburn, gastric reflux or indigestion, all types of inflammation particularly relating to gout or rheumatism, burning with diarrhoea, scolding urine, or stinging vaginal discharge.

Regulator of acid within the body. It is also responsible for getting rid of excess water within the system. It is found within brain cells, muscles, and nerves.

Acid neutraliser. Rheumatism, heartburn, and digestive upsets and ailments are the main areas of use.

Signs of Deficiency: Inflammation. Disturbance within the gastric system. Indigestion, heartburn and dyspepsia, fat intolerance, any ailment with a hot or burning sensation. Rheumatic pains, rheumatic conditions, and foul odours.

Belching that is sour in taste, acidic stomach, nausea, dyspepsia. Sour breath, vomiting, grinding of teeth in sleep, yellow coating on back of the roof of the mouth and tongue. A metallic taste in the mouth.

Relief of acidity, heartburn, and dyspepsia. Used in the treatment of rheumatic (inflammation and pain in the joints, muscles, or fibrous tissue, especially rheumatoid arthritis (inflammation of a joint)) ailments.

Sleeplessness due to pruritis, biliousness, nausea, and sickness.

Eyelids crusted over in the mornings, with a creamy yellow discharge.

Aching on the crown of the head with sickly feeling. Head feels hot. Vertigo with nausea.

A dislike of fresh air. Symptoms are exacerbated in the afternoon and early evening.

Common Ailments: diabetes (use with Nat Sulph), dyspepsia, flatulence, itching skin ((pruritis) - may be caused by urticaria, eczema, etc), jaundice, morning sickness, phlebitis, rheumatism, sick headache, travel sickness.

Other Recommendations: Use with Nat Sulph (11) for diabetes.

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Nat Sulph (11) - Sodium Sulphate - (Sulphate of soda) - $\text{Na}_2\text{HPO}_4 \cdot 12\text{H}_2\text{O}$:

Nat Sulph is to be found in all the body's inter-cellular fluids.

Nat Sulph removes excess fluid - Water Eliminator - The liver salt - Eliminates excessive water from tissues, blood and other body fluids. It balances/regulates the presence of water in tissues, blood, and all the fluids of the body. Nat Sulph eliminates excess water from the blood. It also acts as a cleanser and purifier of toxins from the fluid surrounding every cell of the body.

It is necessary for healthy functioning of the liver and pancreas.

Nat Sulph is very important for healthy functioning of the pancreas and liver. It also cleans and purifies, and maintains the correct water amount in all tissues. Nat Sulph has the effect of stimulating the cells which line organs, the nerves of the bile ducts, the pancreas, and the intestines. It also increases the secretions of the pancreatic enzymes.

Nat Sulph is an excess water and acid eliminator, which is used to treat liver malfunction, water retention, and rheumatic pains. It assists with the body's water balance and is indicated in the treatment of biliousness (disorder of the bile), liver upsets, water retention, and influenza. It also assists the filtration of the kidneys.

Signs of Deficiency: Fluid retention. Indicated for all ailments of, or affecting the liver (e.g. biliousness). Sandy deposits in urine, brown-green coating of the tongue, bitter taste. It also regulates the production of bile. Particularly important in treating rheumatic complaints, gout and influenza as it eliminates the associated toxic fluids from the system.

All rheumatic and liver ailments, fluid retention, nausea, allergies, yellow whites of eyes, and fuzzy tongue (bitter taste, and the back of the tongue has a brown/green/grey coating). Congested, tender liver. Spasmodic fever with occasional vomiting of bile. Is a remedy for biliousness. Gallbladder, pancreas, kidney, and liver problems.

Treats low fevers. Sleepiness.

The whites of the eyes are yellow, and the edges of the eyelids are burning.

The faeces (stools) are dark green. The skin appears swollen; and the skin may ooze a yellow watery substance. Smooth red shiny skin with erysipelas (a superficial bacterial skin infection).

Catarrh is greenish yellow; and there may be griping pains alongside influenza. Damp weather brings on dyspnoea (shortness of breath), and asthma.

Development of crops of warts.

Buzzing in the ears with earache. Sick headache, dizziness, sensitive scalp (feeling of discomfort or pain when grooming hair).

Common Ailments: asthma, biliousness, bronchitis, concussion, erysipelas (a superficial bacterial skin infection), influenza, jaundice, nausea, oedema (water retention), rheumatic pains, sickly headaches, vertigo, vomiting (esp. in pregnancy), warts, whitlows (pulp abscess of finger).

Other Recommendations: Use with Nat Phos for diabetes.

Note: Symptoms are aggravated when in a wet, damp environment and/or when eating seafood. Damp weather brings on dyspnoea (shortness of breath), and asthma. Moreover, symptoms may be worse on damp mornings. Consequently, symptoms abate in a warm and dry environment. The individual may also have a dislike of wearing tight clothing.

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Silica (12) - Silicon Dioxide - (Silica) - SiO₂:

Silica is the main constituent of hair, skin, nails, bone, spinal cord, nerve sheaths/fibres, blood, and connective tissues covering the brain. And is also a major element of the mucous membranes and connective tissue.

Silica removes excess calcium, removing scar tissue - Toxic Eliminator - It acts on bones, glands, skin, and joints.

It forms and ripens abscesses and dissolves urates which collect within the joints and cause arthritic symptoms.

Skin tissue cleanser, and conditioner. Helps the structure of skin, nails, and teeth; and to reject purulent infection (e.g. boils, and pimples).

Signs of Deficiency: Abscesses, boils, dry and brittle hair, brittle nails. Losing hair. Weakness, lack of determination, lack of concentration, poor memory, irritation and frayed nerves, irritability, excessive anger. Sensitive to light. Indicated whenever there is pus formation (e.g. abscesses, styes, mouth ulcers, boils, gumboils on the jaw, etc). Also for cysts in any part of the body.

Can dissolve scar tissue and accumulations around joints and muscles such as rheumatism. Offensive perspiration odour. Foul discharges. Foetid stools/diarrhoea. Brittle nails and poor hair condition. Dry feet. Night sweats (esp. of the head).

Can dissolve scar tissue and accumulations around joints and muscles such as rheumatism. Brittle nails and poor hair condition are also signs of a deficiency in silica.

Small boils, sores, and/or yellow discharge from nose.

Assists in the treatment of pus formations, pimples and spots.

Occupational diseases such as those of coal miners and stone workers/masons, etc.

Styes, ulceration of cornea, and thick yellow discharge from eyes.

Loss of hearing because of catarrh, thick yellow discharge, blocked ears.

Painful feet, feelings of being cold, bones feeling bruised.

Common Ailments: Abscesses, acrid leucorrhoea (discharge of a white, yellowish, or greenish, viscid mucus from vagina), arthritic concretions, cataracts, cystitis (chronic), emphysema, encysted tumours, haemorrhoids (painful), lameness, loosening of the bowel sphincter, mammary glands become inflamed, neuralgia (chronic), rheumatic concretions, synovitis (inflammation of the synovial membrane the membrane which lines joints), ulcers.

Other Recommendations: For brittle nails, use in alternation with Kali Sulph.

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Table - Tissue Salt

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
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

Table 1 - Tissue Salt Combins (After Pharma Natura)			
Combin	Principle Function	Indications	Contents
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

Table 2 - Tissue Salt - Combins (After New Era)		
Combin	Function	Contents
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
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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Table 3 - Tissue Salt - Combins
(After Schuessler - Biochemic Handbook)

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
Combin N	For Menstrual pain, and allied conditions	Calc Phos, Kali Mur, Kali Phos, Mag Phos

Table 3 - Tissue Salt - Combins (After Schuessler - Biochemic Handbook)		
Combin	Function	Contents
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

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Tissue Salts - Quick Guide

Legends:

"#" - After Pharma Natura;

"-" - After Others

"+" - Consider adding, depending upon symptoms

Tissue Salt Numbers:

Calc Fluor (1); Calc Phos (2); Calc Sulph (3);

Ferr Phos (4); Kali Mur (5); Kali Phos (6);

Kali Sulph (7); Mag Phos (8); Nat Mur (9);

Nat Phos (10); Nat Sulph (11); Silica (12)

Tissue Salts - Quick Guide												
Condition	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
A												
Abscesses			#	#		+						#
Aching feet and legs	#	#		#	#	#						#
Acrid leucorrhoea												-
Acid conditions				#	#		#			#	#	
Acne			#						#			#
Addison's disease (progressive anaemia)									-			
Allergic Conditions						#	#	#	#		#	#
Anaemia		#		#	#	#			#			
Angina								-				
Appetite - poor		#		-	#					#		
Arthritis				#	#		#	+		#	#	
Arthritic concretions												-
Asthma							-				-	
Asthma due to allergies					#	#	#	#	#		#	
B												
Bed wetting (enuresis)	#								#	#		
Backache				#	#		#			#	#	
Biliousness					#			#		#	#	
Bitter taste in mouth					#			#		#		#

Tissue Salts - Quick Guide												
Condition	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
Bladder inflammation			-	-	-							
Bleeding gums	#		#						#			#
Blood pressure											#	
Blood purifier and cleanser			#							#	#	
Boils			#	#								#
Bone affections	#	#	#	#								#
Bowl sphincter - loosening of												-
Brain fag	#			#		#		#		#		
Brain fag - from overwork (after Schuessler)						-						
Brain Tonic		-				-			-			
Breathing - difficulty							-					
Brittle nails							#		#			#
Bronchitis			+	+	+						-	
Bronchitis - chronic									+			+
Bronchitis - yellow expectoration							+					
Build cells of all body tissue		#				#	#		#			#
Build, restore, maintain tissue elasticity	#											
Burns/blisters			#	#	#					#		
C												
Cataract												-
Cataract	s	s			s		s					
Catarrh - nasal				#	#		#		#			
Chestiness					#		#		#			
Childhood diseases - all				-								
Chilblains	#	#		#	#	#						#
Chilliness	#	#		#	#		#					#

Tissue Salts - Quick Guide												
Condition	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
Choking on attempt to swallow								-				
Chronic diarrhoea		#				#			#	#	#	
Circulation - poor	#	#		#	#	#						#
Colds				#	#		#		#			
Cold hands and feet	#	#		#	#	#						#
Cold with thick yellow discharge				#	#		#		#			#
Cold sores - herpes simplex	#								#			
Colic			#	#				#		#		
Concentration - poor						#						#
Concussion											-	
Constipation					#	#		#	#			#
Conjunctivitis					#		#					#
Conjunctivitis	s			s			s		s	s		
Convalescence		#		#		#		#		#		
Coughs				#	#		#		#	#		
Cramps		#				#		#		#		
Cramps - of hand								-				
Craves salt		#							#			
Craves sugar								#				
Creaking joints										#		
Croup				#	-	#		#		#	#	
Cystitis				#	#	#		#		#		
Cystitis - acute (after Schuessler)				-	-							
Cystitis - chronic (after Schuessler)					-							+
Cystitis - suppurating (after Schuessler)			-									
Cysts (after Schuessler)		-	-									
Cystic Tumours (after Schuessler)			-									

Tissue Salts - Quick Guide												
Condition	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
D												
Dandruff			-				#				#	
Delirium				#					#			
Dental - bone decay	#	#										#
Depression						#	#	-	#	#		#
Depression (after Schuessler)		-				-			-			
Diabetes (use with Nat Sulph)		#		#		#		#		#	#	
Diarrhoea		#		#		#			#	#	#	
Diarrhoea (esp. teething children)		#		#	#					#		
Digestive problems				-						-		
Disturbed digestion		#			#			#		#	#	
Dry mouth							#					
Dysmenorrhoea (menstruation pain)		#		#	#	#		#				
Dyspepsia									-	-		
Dyspnoea (breathlessness)							-					
E												
Ear(s) - humming in									-			
Earache				#	#			#				
Eczema		#	#				#		#		#	#
Eczema -wet								-				
Elderly - diseases of				-								
Elderly tonic		#		#		#		#		#		
Emphysema												-
Erysipelas											-	
Exhaustion/fatigue						#		#			#	
F												
Facial pimples and sores			-									

Tissue Salts - Quick Guide												
Condition	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
Fainting						#						
Falling hair		#					#		#			#
Fatigue/exhaustion						#		#			#	
Feverish cold				#	#		#			#	#	
Feverishness				#	#	#						
Fibrositis				#	#		#			#	#	
Flatulence		-						#	#	#		
Flu				#			#	#	#		#	
Flu (after Schuessler)						+		+			-	
Foul breath due to stomach disorders	#	#		#		#		#		#		
Fractures - promotes healing	#	#						#				#
G												
Gall bladder disorders									#	#		
Gall stones		-						+			#	
Gall Stones - prevent reformation (after Schuessler)		-										
Gall Stones - spasms from (after Schuessler)								-				
Gastric ulcers		#	#		#			#		#	#	
General debility		#	#			#		#		#		
General weakness		-										
General tonic (all 12 Tissue Salts)	#	#	#	#	#	#	#	#	#	#	#	#
Glands - enlarged, swollen, lumps (after Schuessler)												-
Glaucoma									s			
Gout				#						#	#	
Gout (after Schuessler)									-	-	-	

Tissue Salts - Quick Guide												
Condition	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
Greasy skin - hair		#	#				#		#			
Growing children	#	#		#		#		#		#		
Gum-boil					-							-
H												
Haemorrhoids - painful												-
Haemorrhoids - with or without bleeding	#		#	#	#	#			#			
Hair - dry								#				#
Hair falling (after Schuessler)						-						-
Hair loss		#					#		#			#
Hair tonic							#		#			#
Hay fever				#	#	#		#	#			
Hay fever (after Schuessler)									-			
Headache		-		#		#		#	#		#	#
Headache - frontal			-									
Headache - sick										-	-	
Heartburn							#		#	#		
Heart trouble - all		#		#		#		#	#	#		
Hiccoughs								#				
Hysteria		#		#		#			#			
I												
Impotence						-						
Incontinence						-						
Indigestion - chronic				-					-	-		
Indigestion/dyspepsia				-	#			#		#	#	
Inflammation - all)				#	#		#		#			
Insect bites									-			
Insect bites - rashlike, about knees & ankles								+	-			
Insomnia						#		-	-			

Tissue Salts - Quick Guide												
Condition	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
Irregular menstruation		#		#		#	#	#				
Irritability						#		#	#			
Itching piles	#			#	#	#						
Itching skin										-		
J												
Jaundice				#	#				#	#	#	
K												
Kidney disorders			#			#				#	#	
Kidney stones		-								+		
L												
Lameness												-
Laryngitis				#	#	#						
Leucaemia		+				+				+	+	
Libido - loss						-						
Liver problems		#			#			#		#		
Lumbago	#	#		#	#			#		#	#	
Lumps, swellings, tumours (after Schuessler)												-
Lungs - congestion												-
Lymph glands - swelling, lumps, etc (after Schuessler)												-
M												
Malaise - general		-		-								
Malnutrition		#		#	#							
Mammary glands - inflamed												-
Memory - poor	#									#		#
Memory - poor (after Schuessler)		-				-		-				
Memory - Poor (brain tonic)		-				-			-			
Mental fatigue / exhaustion		#				#		#				
Menstrual problems - all		#		#		#	#	#				

Tissue Salts - Quick Guide												
Condition	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
Migraine				#		#		#	#			#
Morning sickness	#			#		#		#		-		
Motor nerve disturbance						-						
Muscular cramps						#		#				
Mucous colitis					-							
Mumps					-							
N												
Nasal polyps		-										
Nausea											-	
Nervous - tension headaches				#		#		#	#			#
Nervous exhaustion		#		#		#		#		#		
Nervousness						-		-				
Nerve pains				#		#		#				
Nettle rash									-			
Neuralgia	#	#						#			#	
Neuralgia - chronic		-		-								-
Neuritis		-		-		-		-				
O												
Oedema											-	
Offensive perspiration												#
P												
Pancreatic disorders		#	#	#				#			#	#
Perspiration							-					
Phlebitis										-		
Pimples			#						#			#
Pleurisy					-							
Pneumonia					-							
Prostatitis								-				
Psoriasis							-					
Pregnancy - entire	#	#		#		#		#				

Tissue Salts - Quick Guide												
Condition	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
Prostate problems	#	#		#								
Pus - localised			-									
Q												
Quinsy		+	+	+				-	+			+
R												
Restlessness						#			#			
Rheumatism				#	#		#			#	#	
Rheumatic concretions												-
Rheumatic pains											-	
Run down - generally		-		-								
S												
Scabs in nose						+			+			
Sciatica				#	#	-	#	-		#	#	
Sclerotic conditions	#		#	#		#			#			#
Septic conditions		#	#	#				#				#
Septicaemia (after Schuessler)						-						
Shingles					-							
Shivers								-				
Sick headache										-	-	
Sinusitis				#	#		#		#			#
Skin ailments - minor	#		#				#		#		#	
Skin Diseases (chronic)									+			
Skin - dry		#					#		#			
Skin - fissures, cracks, chapped	#	#					#		#			
Skin - itchy										-		
Skin - scaly	#						#		#		#	
Skin - wrinkled		s										
Sore throat				#	#		#		#			
Spinal nerve disturbance						-						

Tissue Salts - Quick Guide												
Condition	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
Sprains				-								
Squinting								-				
Stomach-ache				#				#			#	
Stress control		#		#		#		#		#		
Styes			#									#
Sunstroke/heatstroke									-	#		
Swellings, lumps, tumours												-
Swollen ankles	#	#		#	#	#						#
Synovitis												-
T												
Teething - children and babies	#	#	#					#				
Tension headaches				#		#		#	#			#
Tetanus (after Schuessler)								-				
Throat infections		-										
Tonsils and adenoids		#	#	#				#				#
Tonsillitis		-	#	#	#		#		#			
Tooth decay	#	#										#
Travel sickness										-		
Tumours - encysted												-
Tumours, lumps, swellings (after Schuessler)												-
U												
Ulcers			-									-
Uric acid - excess (after Schuessler)					-							-
V												
Varicose veins	#	#	-	#	#	#						#
Vertigo/dizziness				#		#				#	#	
Vomiting - esp. in pregnancy											-	
W												

Tissue Salts - Quick Guide												
Condition	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
Warts					#						-	
Water retention		#							#	#		
Weakness - general		-		-								
Whitlow(s)	+									+	-	+
Whooping cough			-					-				
Wounds - open			-									
X												
Y												
Z												

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Tissue Salts for Common Ailments

The following recommendations are for common ailments:

Tissue Salts for Common Ailments												
Ailment	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
Colds - where respiratory problems ensue				-	-							
Coughs , colds, chestiness, catarrh, flu, and sore throats - "the winter remedy"				+	+		+		+			
Flu (after Schuessler)						+		+			-	
Headaches , neuralgia, neuritis		-		-								
Headaches , nervous tension, and migraines				+		+		+	+			+
Digestive problems , poor appetite, indigestion				-						-		
Constipation , sluggish bowels					+				+			+
Depression , nervousness, insomnia, irritability						-		-				
Weakness , generally run down, general malaise		-		-								

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First Aid Use of Tissue Salts

First Aid - Tissue Salts		
Trauma	Tissue Salt(s)	Directions
Abrasions, fresh wounds, and cuts	Ferr Phos	<p>Apply several crushed tablets directly onto the area.</p> <p>Bleeding from wounds, cuts, and abrasions, can be controlled with a little powdered Ferr Phos applied direct to the injured parts. A few tablets may be crushed for this purpose or the tablets may be dissolved and used as a lotion.</p> <p>Ferr Phos. should also be thought of as a first-aid in cases of bruises, bumps, muscular strains, sprains, etc.</p>
Bruises, falls, and bumps	Ferr Phos	Make a lotion, cream, or compress and apply to affected area.
Bruises of the bones and shins	Calc Fluor	Take under the tongue; also make a lotion, cream, or compress and apply to affected area.
Swelling of contused parts and cuts	Kali Mur	<p>Make a lotion, cream, or compress and apply to affected area.</p> <p>Schuessler also recommends incorporation with cocoa butter and applied.</p>
Muscular strains and sprains	Ferr Phos	Make a lotion, cream, or compress and apply to affected area.
Strains of ligaments or tendons	Ferr Phos	Take under the tongue; also make a lotion or cream and dab onto affected area.
Burns - minor	Kali Mur	Make a lotion or cream and dab onto affected area.
Burns - more severe	Kali Mur, Calc Sulph, Nat Sulph	Combine the tabs and make a lotion or cream and dab onto affected area.
Insect bites	Nat Mur	<p>Take under the tongue; also make a lotion or cream and dab onto affected area.</p> <p>Add Mag Phos if rashlike, about knees and ankles.</p>
Nettle rash, poison ivy, etc	Kali Sulph	Take under the tongue; also make a lotion or cream and dab onto affected area.

Specific Trauma Recommendations by Schuessler		
Trauma	Tissue Salt(s)	Directions
Bone fractures	Ferr Phos	Take under the tongue; also make a lotion, cream, or compress and apply to affected area.

Specific Trauma Recommendations by Schuessler		
Trauma	Tissue Salt(s)	Directions
Suppurating bruises, cuts, and wounds - pus	Calc Sulph	Take under the tongue; also make a lotion, cream, or compress and apply to affected area.
Wounds discharging thick, yellow matter; also deep suppuration	Silica followed by: Calc Sulph	Take under the tongue; also make a lotion, cream, or compress and apply to affected area.
Skull injuries, and the effect therefrom. Mental troubles from a jar or knock on the head	Nat Sulph	Take under the tongue; also make a lotion, cream, or compress and apply to affected area.

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Creating a Lotion

Dissolve 10 tabs in 1/2 a cup of cooled boiled water.

Note: a lotion such as Kali Mur is excellent as a compress.

Creating a Cream

Crush and dissolve 20 tabs in 1/4 cup of BP Aqueous Cream.

As an alternative to Aqueous Cream, Schuessler recommends Cocoa Butter.

Ferr Phos - Note

Ferr Phos is the first remedy in bruises and in fractures to meet the accompanying injuries to the soft parts. It is also the first remedy in cuts, falls or blows, fresh wounds and sprains. It prevents pain, congestion, swelling, or feverishness. (Dr W H Schuessler)

It would be difficult to find a case of illness where Ferr Phos could not be used to advantage, irrespective of any other treatment that may be given. It is an excellent remedy for ailments associated with advancing years and it is one of the most frequently needed remedies in the treatment of children's ailments.

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Tissue Salt - Specific Recommendations

Abscesses - Tissue Salt Treatment (After Schuessler)	
Tissue Salt	Usage
Ferr Phos	The 1st remedy for the pain, heat, and threatened suppuration
Kali Mur	When there is swelling, but no pus formation. This should be given in the early stages in alternation with Ferr Phos.
Silica	Helps the abscess to ripen and readily discharge its contents. This should be given when suppuration appears.
Calc Sulph	This should be given in the final stages for cleansing and healing.
Kali Phos	This is antiseptic in function, and is therefore useful as an *intercurrent remedy.

***intercurrent** - This has reference to any supplementary remedy which, while of secondary importance, still has some bearing on a particular case. Intercurrent remedies are intended to assist the action of the principle remedy, or remedies, by correcting any secondary conditions which may have a retarding effect on the general treatment. Intercurrent remedies are usually given at bedtime and again on rising.

Sinus - Tissue Salt Treatment (After Schuessler)	
Tissue Salt	Usage
Ferr Phos	To be taken for the inflammation (sinusitis) in alternation with the remedy indicated by the nature of the discharge - See following.
Calc Phos	Albuminous discharge, like the white of a raw egg.
Nat Mur	Clear, watery discharge causing soreness. Salty taste.
Kali Mur	White, fibrinous discharge.
Kali Sulph	Sticky, yellow or greenish discharge.
Calc Fluor	Yellow, lumpy discharge affecting the bones. Alternate with Silica.

Silica	Purulent discharge, alternate with Calc Sulph Where the bone is affected, alternate with Calc Fluor
<p style="text-align: center;">See also Combin Q For Sinus:</p> <p style="text-align: center;">Ferr Phos Kali Mur Kali Sulph Nat Mur</p>	

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Tissue Salts - Anecdotal Recommendations from Experiments with Rats

It is suggested that the following recommendations can be used on humans as well as animals.

Tissue Salts - Anecdotal Recommendations from Experiments with Rats												
Condition	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
Abscess			+									
Ageing (either tissue salt seems effective)		+										+
Calming		+				+						+
Cancer formula				+	+	+	+					
Cancer prevention			+				+					
Chest infections (each tissue salt seems effective)				+			+					+
Depression (either tissue salt seems effective)		+				+						
Emotional distress						+						
Fungal infections						+						+
Growth support for the young		+										
Infections (either tissue salt seems effective)				+	+							
Itch or rash over a specific part of the body									+			
Itch over the entire body									+			
Malnutrition												+
Pain killer								+				
Pneumonia			+									+
Rescue remedy equivalent		+		+		+						
Respiratory problems	+											
Ring worm							+					
Slow healing wound (either tissue salt seems effective)			+			+						
Social withdrawal		+				+						+

Tissue Salts - Anecdotal Recommendations from Experiments with Rats												
Condition	1 Calc Fluor	2 Calc Phos	3 Calc Sulph	4 Ferr Phos	5 Kali Mur	6 Kali Phos	7 Kali Sulph	8 Mag Phos	9 Nat Mur	10 Nat Phos	11 Nat Sulph	12 Silica
Stroke(each tissue salt seems effective)				+		+		+				
Tranquiliser						+			+		+	+
Tumours		+							+			+
Weight loss/weight gain		+										

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Tissue Salt Recommendations - Domestic Animals
(After Schuessler)

Tissue Salt Recommendations - Domestic Animals (After Schuessler)	
Tissue Salt	Function
Calc Fluor (1)	Diseases affecting the surface of the bones and enamel of the teeth. Piles, hard glands, uterine displacements, prolapsus
Calc Phos (2)	General tonic. Anaemia (alternate with Nat Mur (9)). Rickets, broken bones, malnutrition. Coldness of body. <i>Strengthens the teeth.</i> Other - A tonic and treatment for teeth and bones.
Calc Sulph (3)	mouth ulcers. Suppurations and wounds that are slow to heal. Abscess about the anus.
Ferr Phos (4)	Fevers, high temperatures, cuts, scratches, bleeding, (apply externally as powder or lotion). <i>The pre-eminent first-aid.</i> Other - Signs of fever.
Kali Mur (5)	Flu (alternate with Ferr Phos (4)), respiratory ailments, greyish patches or spots in throat, constipation (light coloured stools), abscess and boils (alternate with Silica (12)). Eczema (alternate with Kali Sulph (7) and Nat Mur (9)). Sluggish liver. White or greyish-white discharges. Other - Any form of respiratory condition.
Kali Phos (6)	Symptoms of nervous character. Highly strung animals, hysteria, asthma, shortness of breath. Other - Nervous and highly strung pets.
Kali Sulph (7)	Skin troubles, eczema (alternate with Kali Mur (5) and Nat Mur (9)). Sore paws with scaling of skin. Catarrh, yellow crusts on the eyelids with yellowish, sticky discharge. Dry nose. Other - Scaling skin conditions.
Mag Phos (8)	Nerve pains, cramp, spasmodic, nervous twitching. Flatulent colic. Trembling of limbs. Other - Spasms and jumpiness.
Nat Mur (9)	Constipation with dry stools. Nettle-rash, bites, and stings of insects (also apply externally). Eczema with watery symptoms (alternate with Kali Mur (5) and Kali Sulph (7)). Anaemia (alternate with Calc Phos (2)). Blood thin and watery, excess saliva. Other - Excessive dryness with added watery exudations.
Nat Phos (10)	Acidity, digestive upsets, worms, associated with fretfulness and irritability. Sour smelling stools. skin irritations with acid perspiration.

Tissue Salt Recommendations - Domestic Animals (After Schuessler)	
Tissue Salt	Function
Nat Sulph (11)	Liverishness, biliousness with vomiting of watery, greenish fluid. Yellow eyeballs, humid asthma, rheumatic symptoms, worse from damp. Other - Irritable, snappy.
Silica (12)	Pustules, boils, styes, suppurating wounds, ulcers. Diseased claws. <i>Silica and Kali Sulph are excellent for conditioning the coat.</i> Other - Boils.

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Appendix - Hering's Law of Cure

The author of the "Law of cure" was Dr Constantine Hering (1800-1880); and the law states:

"Healing starts from the top, the head, to the bottom, from the inside to the outside, from the major organs to the minor organs, and in reverse order in which they presented."

In his research, Hering noted that when healing is effected the following takes place:

- Symptoms of a chronic disease disappear in definite order, going in reverse and taking about one month for every year the symptoms have been present.
- Symptoms move from the more vital organs to the less vital organs; and from the interior of the body towards the skin.
- Symptoms move from the top of the body downward.

In other words, this is the way the body cures or heals itself - from the head down, from within out, from the major organs to the minor, and in the reverse order that the symptoms appeared or have been suppressed.

Hering believed that we do not "catch diseases", but we actually create them ourselves by breaking down our natural defences in consequence of the way we live, eat, drink, and think.

Hering also noted that is imperative to understand, and to follow his law implicitly to allow the body to eliminate the toxins we absorb on a daily basis and to heal.

Hering's Law of Cure can be analysed and understood as follows:

"from the top, the head, to the bottom..."

As healing process progresses, the individual will see evidence of this moving from the top of the body to the bottom. E.g. the individual might experience headaches, then back problems, and later tendonitis during the progression of a cure. This process also confirms that healing moves from the "mental to the physical". From an esoteric energy perspective, the crown chakra (representative of wisdom and spiritual connectedness) is situated at the top of the head, while the base (root) chakra (representative of our physical connectedness - how grounded and secure we feel) is situated lower down the body - base of pelvis. This also illustrates how healing would progress from a mental to a physical level. Thus the healing needs to travel down the body through the various energy centres, thus effecting balance and cure from subjective to objective reality (spirit/mental to physical).

"from the inside to the outside..."

Healing moves from "inner healing" to "outer healing". Physically, the individual may find stomach/digestive problems heal before an apparent allergy, which shows itself in skin eruptions or inflammation. Again, we can see healing moving from mental through the emotional to the physical. A thought pattern (inside) needs to heal, then a feeling (inside) which is part of the individual's emotions, and then the physical manifestations of those thoughts and emotions can heal. Again we see an inner healing to outer healing.

"from the major organs to the minor organs..."

Major organs to minor organs - healing first takes place in those organs that are responsible for the main processing functions of the body, such as the liver, kidneys, lungs, and the heart; and then in the minor organs, such as the bladder. An example of the progression of cure from major to minor organs could be kidney problems, then a bladder infection, then painful urine, and then, final the cure. As before, there are emotions involved with this as well.

"in reverse order in which they presented..."

Again, to take the example of kidney problems, these would perhaps first show as painful urine, which if ignored could turn into a bladder infection, and then evolve into the kidney problem. This would be the progression of dis-ease; and the progression of cure would be in the reverse order, according to "Hering's Law". In other words, the symptoms which appeared first would heal last, and the symptoms which appeared last would heal first. First the kidney problems would be cured, then the bladder infection, and finally the painful urine and a complete cure has been effected. As before, emotions would also play a role.

Hering's Law of Cure and orthodox, allopathic medicine

Hering's Law of Cure is neither recognised nor used in orthodox, allopathic medicine. Consequently, orthodox, allopathic medicine believes that because the symptoms are "suppressed" the problem is cured; or by simply cutting out the tissue or organ, which is not functioning correctly, the problem will be solved.

Conclusion

From Hering's research, and his law, we gain valuable insight and guidance:

- 1) Toxin elimination is vital for the body to operate at an optimal level and to stay healthy.
- 2) Hering's Law is a valuable tool with which we can plot the progression of a cure and to evaluate whether movement is effected; and if so, if that movement is in a beneficial direction.

End

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