

**BIOCHEMIC
TISSUE SALTS
A PRIMER
After Schuessler
Compiled by
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(2011)

(This material was compiled from various unverified sources)

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.

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Introduction

The following material is a simple compilation, after Schuessler, of the usage of Biochemic Tissue salts.

The remedies are completely safe, can be used by all age groups, have no known contraindications, and can be self-administered.

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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Overview - Schuessler's Twelve Tissue Salts

The Twelve Tissue Salts (After Schuessler)			
Abbreviation (No)	Chemical Formula (origin)	Name	Key Words
Calc Fluor (1)	CaF_2 (Fluoride of lime)	Calcium Fluoride	Strengthens tissues
Calc Phos (2)	$\text{Ca}_3(\text{PO}_4)_2$ (Phosphate of lime)	Calcium Phosphate	Cell builder
Calc Sulph (3)	CaSO_4 (Sulphate of lime)	Calcium Sulphate	General cleanser
Ferr Phos (4)	$\text{Fe}_3(\text{PO}_4)_2$ (Phosphate of iron)	Ferric Phosphate	Anti-inflammatory
Kali Mur (5)	KCl (Chloride of potash)	Potassium Chloride	Removes congestion
Kali Phos (6)	K_2HPO_4 (Phosphate of potash)	Potassium Phosphate	Activates nerve power
Kali Sulph (7)	KSO_4 (Sulphate of potash)	Potassium Sulphate	Cell oxygenator
Mag Phos (8)	$\text{MgHPO}_4 \cdot 7\text{H}_2\text{O}$ (Phosphate of magnesia)	Magnesium Phosphate	Nerve and muscle nutrient, anti-spasmodic
Nat Mur (9)	NaCl (Chloride of soda)	Sodium Chloride	Water balance, circulation
Nat Phos (10)	$\text{Na}_2\text{HPO}_4 \cdot 12\text{H}_2\text{O}$ (Phosphate of soda)	Sodium Phosphate	Acid neutralizer
Nat Sulph (11)	$\text{Na}_2\text{SO}_4 \cdot 10\text{H}_2\text{O}$ (Sulphate of soda)	Sodium Sulphate	Removes excess fluid
Silica (12)	SiO_2 (Silica)	Silicon Dioxide	Removes non-functional organic matter. Removes excess calcium, removing scar tissue

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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 Tubs

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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CALC FLUOR (1)

Introduction

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.

Role:

- Catalytic
- Structural
- Tissue strengthener

Indicated:

- All prolapsed tissue
- Bone diseases
- Callosity (calluses)
- Conditions arising from a loss of integrity and strength of connective tissue
- Connective tissue change involving cartilage or bone activity
 - Osteomalacia (bone softening)
 - Osteoporosis
 - Rheumatoid arthritis
 - Rickets
- Coughs provoked by tickling in the throat
- Dental cavities
- Discharge:
 - Thick, copious
 - Greenish
 - Offensive
- Dislocations of joints
- Exostosis (abnormal bony outgrowth from the surface of a bone)
- Fibrous tumours
- Glandular disorders
 - indurated lymphatic glands
 - cystic or calcified nodules in connective tissue
- Haemorrhoids
- In articulations - intervertebral disc, prolapse and herniation; bursitis, synovitis
- In epithelial tissue:
 - Cracks In Skin
 - Fissures
 - Keratosis
- In muscular wall:
 - Diverticulitis

- Fistula
- Hernia
- Hiatus Hernia
- In vascular tissue:
 - Haemorrhage
 - Varicose veins
- Lack of elasticity of connective tissue
- Lack of elasticity of tendons and ligaments
- Nodes and nodules
- Puts elasticity back in vascular walls
- Racking of the skin
- Relaxation of suspension ligaments, leading to ptosis
- Rough and deficient tooth enamel
- Sprains
- Uterine and vaginal prolapse (add sea salt to bath water)
- Varicose veins.
- Weaknesses of bone, enamel, ligaments, tendons

Tongue:

- Cracked
- Fissured
- Mapped

Iris:

- Check stomach and skin zones for evidence of prolapse

Pupil:

- May be distended

Other:

- Bone spur
- Cataracts
- Conjunctivitis
- Cysts
- Dry, cracking skin
- Induration (hardening)
- Ptosis (drooping of the upper or lower eyelid)
- Teeth loose in their sockets
- Tendinitis
- Varicose veins

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CALC PHOS (2)

Introduction

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.

Role:

- Structural
- Electrochemical
- Catalytic
- Cell builder

Indicated:

- Accumulation of serous fluid in a body cavity (hydrocele)
- Anaemia:
 - Hypochromic
 - Microcytic
- Builds a sturdy, robust constitution (because of its nutritive properties)
- Chilblains
- Children with:
 - Irritability
 - Cramps
 - Poor appetite
 - Frequent colds
- Chronic infection of mucous membranes:
 - Respiratory tract
 - Stomach
 - Intestines
- Conditions arising from poor cell development and replacement particularly:
 - Muscle
 - Bone
 - Blood
- Delayed teething
- Digestive flatulence (ant-acid action)
- Discharge:
 - Milky
 - White
 - Whitish-yellow
 - Tenacious

- May be albuminous
- Disorders of bones and teeth
- Eczema
- Fracture healing
- Gives solidity to bones
- Glandular dysfunction
- Headaches in school children
- Hyperactivity
- Insomnia
- Malnutrition
- Nervous irritability
- Neuromuscular disorders:
 - Cramps
 - Twitches
 - Convulsions
 - Tetany (a syndrome of sharp flexion of the wrist and ankle joints (carpopedal spasm), muscle twitching, cramps, and convulsions)
- Otitis with thick creamy and yellowish discharge
- Periods of growth:
 - Pregnancy
 - Lactation
- Poor assimilation
- Poor digestion
- Poor glandular secretion
- Promotes healthy cellular activity
- Renal calculi (stones)
- Restores tone to weakened organs and tissues
- Rickets
- Skin problems
- Supplies new blood cells
- Unnatural growth and disturbances in osseous (bone) growth, and development

Tongue:

- No definitive signs.

Iris:

- Poor iris structure
- Superficial nerve arcs.

Other:

- Acne
- Albuminous
- Coldness
- Colics (babies)
- Cradle cap
- Diarrhea
- Discharge better by warmth
- Discharge worse by cold
- Doesn't gain weight
- Increased appetite
- Pains related to growth
- Rapid growth
- Tingling sensation

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CALC SULPH (3)

Introduction

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.

Role:

- Structural
- Electrochemical
- Catalytic
- Suppuration remover

Indicated:

- Abscesses
- Ache
- Alopecia
- Bleeding abscess
- Boils with pus and bloody discharge
- Bronchial or nasal catarrh with thick and yellow mucus
- Burning feet with intense itchiness
- Burns
- Candida
- Catarrhal exudation - especially when yellow
- cornea ulceration
- Cystitis
- Dandruff with alopecia
- Discharge:
 - Irritating
 - Thick
 - Lumpy
 - Yellow-green
 - Purulent mucus
 - Blood streaked
- Eczema
- Exudative abscesses
- Fistulas
- Glandular swellings - if gland is suppurating, administer silicea first
- Inflammation of mucous membranes
- Poor wound healing
- Prolonged menses
- Prolonged suppuration and discharges
- Psoriasis
- Purulent discharges
- Purulent urethritis
- Skin scaling and desquamation

- Superficial burns
- Suppurating wounds
- Suppuration
- Tendency to suppuration and exudation
- Ulcers and ulceration

Tongue:

- Clay coloured coating
- Flabby

Iris:

- Scurf rim
- Vascular and lymphatic congestion

Other:

- Abscess
- Acne
- Blackheads
- Chronic eczema with discharge
- Conjunctivitis with pus formation
- Furuncles, carbuncles
- Impetigo
- Pus, and abundant discharge
- Yellow, thick, excoriating discharge

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FERR PHOS (4)

Introduction

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.

Role:

- Catalytic
- Inflammation remover.

Indicated:

- 1st stage of inflammation and infection
- Abscesses
- Acute localised inflammation and infections causing heat and pain
- Anaemia (Ferr phos helps in the formation of haemoglobin)
- Angina
- Asthma
- Bruises
- Chronic inflammatory conditions (e.g. colitis)
- Conjunctivitis
- Contusions
- Cystitis
- Diarrhoea
- Discharge:
 - mucous membranes dry, irritated, inflamed before discharges begin
- Dislocations
- Dysmenorrhea
- Dysmenorrhea
- Enuresis
- Fatigue
- Gingivitis
- Growth and pregnancy:
 - Difficulties absorbing iron
 - Female childbearing years
- Haemorrhagia (blood loss)
- Hypochromic, microcytic anaemia
- Inflammation, before the onset of other symptoms; fever below 39 deg c
- Iron deficiency

- Loss of muscle tension causing relaxation of vascular musculature leading to vascular insufficiency
- Low resistance to infection
- Muscular injuries
- Nose bleed in children
- Pallor
- Passive haemorrhaging
- Phlebitis
- Shortness of breath
- Tiredness
- Trauma.
- Vertigo
- Watering of the eyes
- Weakness in chronic conditions

Tongue:

- Beefy red

Iris:

- Acid wash
- Flared autonomic wreath

Other:

- Anaemia
- Bleeding from the nose (Epistaxis)
- Congestion
- Cuts
- Fever (low grade)
- Haemorrhage
- Inflammation
- Neurasthenia
- Otitis
- Pale complexion
- Profuse menstruation
- Sprains, fractures

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KALI MUR (5)

Introduction

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 grey 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.

Role:

- Catalytic
- Congestion remover
- Electrochemical

Indicated:

- Blocked eustachian tubes
- Bronchitis
- Burns
- Chronic affections of the respiratory track
- Chronic bronchitis
- Colds
- Conditions arising from faulty collagen synthesis
- Contusion
- Coughs
- Cradle cap
- Diabetes and diuretic therapy causing increased renal potassium loss
- Discharge: thick white viscid mucus; clear watery exudate from herpetic vesicles; dry powdery, white exudate on the surface of the skin
- Dry, hacking coughs
- Eruptive fever with itching and desquamation (peeling off of the skin in scales)
- Fibromas (benign tumour derived from fibrous connective tissue)
- Herpetic ulcers
- High sodium chloride intake associated with oedema and hypertension
- Hypochlorhydria (stomach is unable to produce hydrochloric acid) especially after prolonged vomiting
- Impetigo (contagious bacterial skin infection)
- Jaundice
- Keloids (raised formation of fibrous scar tissue caused by excessive tissue repair in response to trauma or surgical incision)
- Laryngitis
- Metabolic alkalosis from excess vomiting and diarrhoea

- Pharyngitis
- Pleurisy
- Pneumonia
- Second stage of inflammations, characterised by:
 - Swelling
 - Congestion
 - Pain
- Second stages of fever
- Skin conditions: eczema, scaling
- Sore throat
- Thick and dark blood haemorrhagia
- Tonsillitis

Tongue:

- White or greyish-white coating.

Iris:

- Stomach zone-hypochlorhydria
- Arcus sclerosis
- Acid wash
- Flared, white autonomic wreath

Other:

- Chronic bronchitis
- Chronic cystitis
- Colds
- Fibrinous phlegm
- Indigestion
- Ingrown nails
- Late menstruation
- Nasal catarrh
- Sluggish conditions
- Sticky discharge
- Thick, white Discharge
- Thrush
- Aphthae (roundish pearl-coloured specks or flakes in the mouth, on the lips)
- White warts
- White, sticky and thick leucorrhoea (white or yellowish discharge of mucous material from the vagina, often an indication of infection)

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KALI PHOS (6)

Introduction

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.

Role:

- Electrochemical
- Catalytic
- Nerve power activator

Indicated:

- Abnormalities in cardiac muscle function.
- Anxiety
- Apathy
- Asthma
- Cardiac arrhythmias
- Conditions arising from lowered nervous energy.
- Depression
- Discharge: not common, however may be fetid and excoriating, thick, yellow, crusty
- Easily fatigued muscles
- Exaggerated reflexes
- Exhaustion
- Flaccid paralysis
- Growth and pregnancy
- Headaches
- Injury
- Insomnia
- Irritability
- Lack of concentration
- Lack of drive and motivation
- Lethargy
- Lowered vitality
- Malaise/lethargy
- Memory weakness
- Muscular weakness
- Nervous conditions
- Nervousness without any reasonable cause - patient sheds tears and makes "mountains out of molehills"
- Neurological disorders
- Phobias

- Physical and mental exhaustion.
- Restlessness
- Sleeplessness
- Stress
- Strong tonic for the nervous system
- Twitches and spasms.
- Weakness

Tongue:

- Often dry
- White or brown-grey edges
- Red
- Halitosis

Iris:

- Deep nerve arcs and rings

Pupil:

- Dilated
- hypotonic

Other:

- Brownish coloured tongue
- Chronic insomnia
- Coryza (acute inflammation of the mucous membrane of the nose, with discharge of mucus)
- Depression
- Headaches
- Hungry feeling after eating
- Loneliness
- Mental effort
- Nervousness
- Restlessness in children
- Stress
- Thick, yellow/orange discharge

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Kali sulph (7)

Introduction

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.

Role:

- Structural
- Electrochemical
- Catalytic
- Cell oxygenator

Indicated:

- All conditions which call for oxygen (due to a lack of oxygen)
- Bacterial and fungal infections
- catarrh of every kind and localization with greenish secretions
- Catarrhal deafness
- Conditions arising as a result of hypoxia (deficiency in the amount of oxygen reaching body tissues)
- Conjunctivitis
- Croup
- Desire for fresh air
- Desquamations on the skin with the formation of a yellowish crust
- Discharges from skin or mucous membranes
- Discharges:
 - Yellow-green
 - Slimy
 - Purulent (pus) and mucopurulent (mucus and pus)
- Dry, flaky skin
- Eczema
- Excessive mucus and mucopurulent (mucus and pus) exudate
- Fever
- Flaking of the scalp
- Low energy levels
- Measles
- Mucopurulent (mucus and pus) discharges
- Otitis
- Pneumonia
- Profuse desquamation of skin and mucous membranes
- Psoriasis
- Scarlet fever

- Symptoms which demonstrate abnormal cellular respiration
- Third stage inflammation
- Ulcers

Tongue:

- Yellow
- Slimy
- Loss of taste

Iris:

- Check skin and lymphatic zones
- Arcus sclerosis.

Other:

- Chapped lips, scaling
- Chronic cough
- Chronic infections
- Dandruff
- Eczema, psoriasis
- Eruptions
- Hair loss
- Nausea
- Pneumonia
- Profuse and intermittent secretions
- Scaling of the hands/feet
- Seborrhoea
- Sinusitis
- Sinusitis accompanied with headaches
- Yellowish-green discharge

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MAG PHOS (8)

Introduction

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.

Role:

- Structural
- Electrochemical
- Catalytic
- Neuromuscular coordinator
- Antispasmodic

Indicated:

- Alcoholism
- Angina
- Anxiety
- Asthma
- Cardiovascular:
 - Arrhythmias
 - Irregularities,
 - Pain,
- Chorea (disorder of the central nervous system characterized by uncontrollable irregular brief jerky movements)
- Chronic arthritis
- Chronic bronchitis
- Chronic rheumatism
- Colic:
 - Hepatic
 - Intestinal
 - Nephritic)
- Conditions which demonstrate functional loss at the myoneural junction (junction between two neurons (axon-to-dendrite) or between a neuron and a muscle)
- Confusion
- Disorientation
- Drug abuse
- Headaches
- Hiccups
- Hypercholesterolemia
- Hyperexcitability
- Impaired renal function
- Learning difficulties and behaviour disorders in children
- Loss of nervous regulation:
 - Extreme nervous irritability

- Neurotic disorders
- Low energy states:
 - Apathy
 - Depression
 - Fatigue
 - Stupor
- Menstrual:
 - Cramping
 - Pain - PMS
- Muscular cramping:
 - Skeletal or smooth muscle spasm
 - Pains are sharp and shooting
- Nervous spasms
- Neuralgias
- Sciatica
- Sharp and shooting pain such as:
 - Neuralgia
 - Nervous spasms
 - Muscular cramps
 - Menstrual pain
- Spasmodic abdominal pains
- Spasms
- Stomach cramps
- Tension depression
- Twitching
- Vomiting
- Whooping cough
- Writer's cramps

Tongue:

- Swollen
- White or bright red

Iris:

- Nerve rings (superficial or chronic)
- Flared autonomic wreath
- Acid wash

Pupil:

- Constricted

Also:

- Alternate stoppage and profuse gushing discharge
- Colics (babies)
- Convulsions
- Cramps
- Dysmenorrhea (painful menstruation) and painful ovulation
- Hiccups
- Loss of smell
- Migraines
- Neuralgia
- Nystagmus (involuntary oscillation of the eyeball)
- Pulsing eyelids
- Sciatalgia

- Spasms
- Trigeminal (nerve for the mastication muscles)

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NAT MUR (9)

Introduction

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.

Role:

- Electrochemical
- Metabolic
- Water distributor

Indicated:

- Acne
- Alopecia.
- Anaemic conditions
- Tear flow
- Biting one's nails
- Bronchitis
- Catarrhal afflictions of the mucous membranes, coryza (inflammation of the mucous membrane of the nose, with discharge of mucus) with fibrous discharge; chronic rhinitis (inflammation of the mucous membrane that lines the nose)
- Chapped, dry skin
- Coldness of hands and feet
- Conditions arising from an imbalance in the distribution and control of water in the system
- Constipation
- Copious, watery discharge
- Depression
- Despondency
- Diarrhoea with watery stool
- Difficult stool with contraction of the rectum
- Discharge - dryness of mucous membranes or watery discharge
- Dry nails
- Emaciation
- Excessive dryness of the mucous membranes
- Excessive moisture or excessive dryness in any part of the system
- Excessive perspiration
- Excessive saliva
- Fever accompanied by thirst

- Hangnails
- Hay fever.
- Headache, as if bursting from sunrise to sunset
- Heartburn
- Hypochlorhydria (stomach cannot produce hydrochloric acid), slow digestion
- Imbalance of water in the body
- Increased flow of tears
- Indifference to comforting
- Intermittent fever
- Loss of sense of smell
- Loss of sense of taste
- Migraine
- Persistent constipation
- Prefers solitude
- Raw, red, inflamed skin
- Roaring tinnitus
- Saliva
- Secretions
- Sensitivity to cold
- Sheds tears easily
- Skin infections with vesicular formation (blister formed in or beneath the skin)
- Undernourished conditions
- Urticaria (itchy red or whitish raised patches, usually caused by an allergy) - especially after exercise
- Watery discharge of the nose, coryza with fluid
- Weeping eczema
- Worms

Tongue:

- Mapped
- Clear
- Slimy
- May have salty taste in the mouth

Iris:

- Check stomach zone for hypochlorhydria (stomach cannot produce hydrochloric acid).

Also:

- Chronic constipation
- Coryza (inflammation of the mucous membrane of the nose, with discharge of mucus)
- Dandruff, oily scalp
- Dehydration
- Demineralization
- Dropsy (accumulation of watery fluid in the tissues or in a body cavity)
- Dryness of the eyes and skin
- Dryness of the mucosa
- Hay-fever
- Hyper or hypo salivation
- Loss of taste and smell
- Mapped tongue
- Oedema
- Water retention, cellulitis

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NAT PHOS (10)

Introduction

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.

Role:

- Structural
- Electrochemical
- Catalytic
- Acid remover

Indicated:

- Acidic eructation
- Acne
- Ailments arising from an acid blood condition such as stiffness and swelling of joints and tissues
- Chronic catarrh
- Conditions which result from incomplete breakdown and elimination of metabolic acid waste from the tissues (lactic acid and uric acid)
- Degenerative arthritis
- Diabetes
- Discharge:
 - All golden yellow/honey coloured
 - Serous exudate
- Excess acidity in body tissues
- Fat intolerance
- Fibrositis (inflammation of white fibrous tissue, esp. that of muscle sheaths)
- Gastric and urinary acidity
- Gout
- Indigestion with acid reflux or an ulcerative condition
- Infertility
- Jaundice
- Leucorrhoea (thick, whitish discharge from the vagina or cervical canal); scalding exudate
- May be used in gallbladder disease to prevent gallstone formation and promote bile flow
- Muscle stiffness
- Nephritis
- Painful joints
- Renal lithiasis (the presence of kidney stones (calculi) in the kidney)
- Sour eructations (belching)
- Sour sweat or discharges

- Sour vomiting
- Yellowish acid diarrhoea

Tongue:

- Creamy or golden yellow coating at back of tongue or roof of mouth
- May have acid, coppery taste in mouth

Iris:

- Acid wash
- Stomach zone (hyperchlorhydria)
- Autonomic wreath, flared and white

Other:

- Acne
- Anguish, depression
- Candida
- Creamy, honey like discharge
- Dry skin
- Eczema
- Eyes squinting
- Gout
- Negative attitude
- Parasitosis (disease resulting from a parasitic infestation)
- Rheumatism
- Root of tongue has a creamy coating
- Stomach hyperacidity
- Urticarial (itchy red or whitish raised patches, usually caused by an allergy)
- Worms

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NAT SULPH (11)

Introduction

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.

Role:

- Structural
- Electrochemical
- Catalytic
- Problem fluid remover
- Inter cellular fluid density regulator

Indicated:

- Add to a detoxification program
- Antidote for heavy metal poisoning
- Asthma
- Cellulitis (density regulation)
- Conditions that arise from abnormal distribution, concentration, and elimination of body fluids
- Detoxification of endogenous and exogenous compounds in the liver and blood
- Discharge:
 - Thick
 - Yellow mucus
 - Watery vesicles
 - Yellow serous exudate that forms scales
- Disorders of poor detoxification, sluggish liver function; inadequate bile flow
- General oedema (accumulation of an excessive amount of watery fluid in cells, tissues, or body cavities)
- General or localised oedema
- Influenza
- Jaundice
- Lymphatic stasis
- Nausea
- Pregnancy - to aid foetal hormone secretion
- Treatment of symptoms related to humid conditions such as asthma
- Vesicular eczema

Tongue:

- Clear, shiny, oedematous (swollen with an excessive accumulation of fluid) appearance, or greenish-brown
- Bitter taste

Iris:

- Check lymphatic
- Skin
- Vascular zones
- Liver lesions

Also:

- Asthma
- Cellulitis (inflammation of any of the tissues of the body)
- Condyloma (a skin tumour near the anus or genital organs, esp. As a result of syphilis)
- Congested liver
- Eczema
- Genital perspiration
- Hypothyroid
- Nausea (esp. At night)
- Offensive perspiration of arm-pits
- Phlegmy cough
- Rheumatism
- Stuffy nose
- Suicidal tendency
- Swelling of the breasts before menses
- Uric acid
- Warts
- Yellow/green, offensive discharge

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SILICA (12)

Introduction

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.

Role:

- Structural
- Calcium
- Reorganizer
- Eliminator

Indicated:

- Abnormal nutrition and calcification of bone or connective tissue
- Abscesses
- Adrenal atrophy
- Alopecia (hair loss)
- Antifungal
- Articular degeneration
- Avascular necrosis (death of one or more cells in the body)
- Boils
- Bone ulceration
- Brittle bones
- Chalazion (a small cyst on the eyelid resulting from chronic inflammation of a meibomian gland)
- Chronic suppurations
- Delayed growth
- Discharge:
 - Chronic, purulent (pus) and mucopurulent (mucus and pus) discharges
 - Increased perspiration especially of the extremities.
- Disturbed tooth development - impaired enamel formation
- Early irritating menses
- Exostosis (an abnormal bony outgrowth from the surface of a bone)
- Facilitates removal of pathogenic and foreign waste from the body
- Fistulas
- Frequent micturition (urination)
- Hives
- Irritating, clear, milky discharge in the mucous membrane
- Mucous membrane inflammation; poor wound healing

- Nodes
- Osteophytes (small abnormal bony outgrowth)
- Osteoporosis
- Otitis
- Otorrhea (discharge from the external ear)
- Periods of growth; rickets due to inadequate nutrition or assimilation; vertebral abnormalities
- Poor bone mineralization
- Rickets
- Sty
- Weak, easy splitting nails

Iris:

- Check skin zone
- Arcus sclerosis

Other:

- Abscess, ulceration of the mouth
- Bone spur
- Brittle, crippled nails
- Copious sweat about the head
- Delayed closure of the fontanel
- Demineralization
- Excessive foot perspiration
- Exostosis (abnormal bony outgrowth from the surface of a bone)
- Fatigue
- Frailty
- Green, burning discharge
- Hair loss
- Itchiness
- Nasal catarrh
- Offensive discharge
- Osteoporosis
- Pain in bones
- Profuse perspiration
- Pus
- Rickets
- Springy stools
- Stye, blepharitis (inflammation of the eyelids)

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TISSUE SALT COMBINS

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
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

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

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Specific Trauma Recommendations by Schuessler

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.
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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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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