

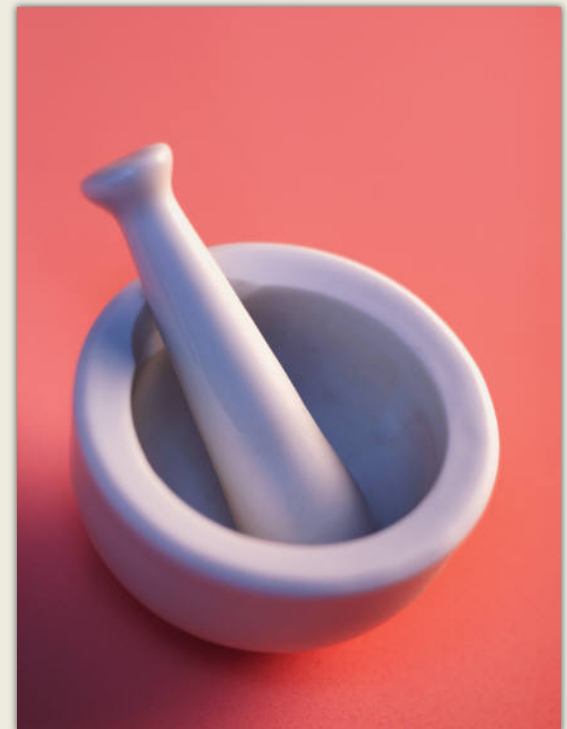


# Cell Salts for Common Complaints

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# What are Cell Salts?

- 12 Non-toxic mineral Compounds present as building blocks in the bodies tissues.
- A deficiency of a substance creates symptoms.
- Aid in the assimilation of nutrients.
- Minerals are highly absorbable.
- Focus on physical complaints.



# History

Early to mid 1800's - Advances in understandings in cell theory. Cells were the simplest units of life and replicated by division.

*Dr. Rudolf Virchow*, the “father of modern pathology” publishes Cellular Pathology. Helping to develop the principles of cell theory. Cells can become diseased and cause dysfunction. Described and named a number of diseases.

*Jacob Moleschott*, Dutch physiologist – In order for structure and vitality of organs to be maintained they must be nourished by inorganic compounds.

# History

*Biochemic System of Healing*- developed by *Wilhelm Heinrich Schuessler* (1821-1898). Diseases arise out of a deficiency of inorganic substance that make up the blood and tissues, replenishing the deficiency will heal the disease.

Schuessler examined cremated remains to determine the building blocks of the body.

1872- Schuessler announced his theory and system of Biochemics- a mix of- homeopathy and allopathy. Deficiencies in any of the tissue salts would lead to illness and dysfunction.

(The Healing Echo, V. McCabe)

## Why use cell salts?

- Safe, effective and gentle.
- Simplicity.
- Quick dissolve tablets.
- Nourish and replenish - medicinal and nutritional.



## Dosing with cell salts

- Use one at a time, in combination or alternated.
- 7yrs and older - 4 tablets per dose.
- Child age 2-6: 2 tablets per dose.
- Acute- every ½ to 2 hours during the acute.  
Once improved use 2 x's a day for 2 days.
- Chronic cases- 2 - 3 doses a day, use for a period then take a break. Resume if symptoms return. (Max of 2 doses a day for Silica.)
- Dissolve in hot water if severe illness or when taking Mag phos.

# Calc Fluor #1

- Affinity - bones, teeth, joint, tendons, ligaments and blood vessels.
- Makes sure calcium is in the right place.
- Hardened tissues & solid deposits.
- Elasticity, tone, strength.
- For joint & back pain that are worse initial motion, better continued motion, better heat, worse cold .

Similar to Rhus-tox and Ruta.



# Calc Phos #2

- Affinity - bones, brain, connective tissue, muscles, nerves, teeth.
- Structural support for bones and teeth.
- Growth and development.
- Tissue healing and repair.
- Nutritional cell salt - digestion and assimilation.
- Tonic after mental exhaustion or convalescence.





# Calc Sulph #3

- Affinity - blood, skin, liver.
- Cleansing, purifies, eliminates toxins.
- Cleans out pus and inhibits formation.
- Natural antibiotic.
- Thick, yellow mucus discharges.



# Ferrum Phos #4

- Affinity - blood vessel, hair, muscle, nerve.
- Transports oxygen.
- Inflammation reducer - heat, swelling, redness.
- Fever reducer. High fever with no individualizing symptoms.
- First Aid/ trauma cell salt.
- Red spots on cheeks or paleness.



# Kali Mur #5

- Affinity - tendons, joint, cartilage, fibrin, mucus membrane.
- Aids digestion.
- Purifies and cleanse blood.
- Congestion & mucus reduction.
- Anti-inflammatory – knee, muscle, ribs and tendons.
- White/grey - discharges, ulcers, thrush.



# Kali Phos #6

- Affinity- muscles, nerves, skin, brain.
- Nourishes nerves- nerve tonic.
- Depletion, exhaustion after overwork, strain.
- Fosters contentment, calms.
- Improves mental focus, memory.
- Worse cold, better rest and warmth.



# Kali Sulph #7

- Affinity - respiratory, glands, mucous membrane, hair, digestion, skin.
- Carries oxygen from lungs to blood cells.
- Assists respiration and perspiration.
- Thick, yellow discharges (ears, nose, sinus).
- Yellow coated tongue.
- Strong anti-inflammatory.
- Detox support of liver, kidney, skin, mucus membrane.
- The irritable “Pulsatilla”.
- Cleans up more advanced conditions than Kali Mur.



# Mag Phos #8

- Affinity- bones, muscle, nerves.
- Anti-spasmodic ,cramps, neuralgic pain
- “Homeopathic aspirin”- earache, headache, toothache, teething.
- Aids muscle movement and action.
- Acts on nervous system.
- Add to hot water to improve effect.
- Better pressure and heat - similar to Colocynthis.



# Nat Mur #9

- Affinity - mucus membrane, skin.
- Water imbalance/ water distribution- excess or dryness.
- Inability to take up nutrients.
- Salt craving or aversion.
- Thirst for cold drinks.
- Worse from sun, 10am.
- Grief, disappointed love.
- Raw egg white like discharges.



# Nat Phos #10

- Affinity – head, mucus membrane, stomach, intestines, genitals, nerves.
- Maintains acid/ alkaline balance.
- Acid neutralizer (esp. lactic acid).
- Assimilation of nutrients.
- Supports digestion.





# Nat Sulph #11

- Affinity - head, liver , gallbladder, pancreas, gallbladder, intestine, chest.
- Green discharge.
- Stimulates the liver, intestine, pancreas and gallbladder.
- Stimulates proper bile flow.
- Removes toxins (excess uric and lactic acid).
- Regulates urine flow.
- Headaches after head injury.
- Worse - damp, cold weather, humidity.



# Silica 12#

- Affinity- connective tissue, skin, bones, joints, mucous membranes, glands.
- Calcium re-organizer.
- Toxin eliminator.
- Cleanses and supports pus formation and elimination .
- Slowly manifesting conditions.
- In chronic situations only use 2 doses a day.
- Poor nutritional assimilation causes slow growth.
- Don't use if you have surgical implants.

(McCabe, V)



# Bioplasma

- Restorative tonic contains all 12 cell salts.
- After an intense workout.
- Recovering from an illness.
- Pregnancy with less than ideal nutrition.
- Fatigue and exhaustion.
- Depletion due to stress or illness.

# Mental Symptoms

**Grief, emotional eating** - Nat Mur.

**Dwelling** - Nat Mur, Kali Phos.

**Sadness** - Nat Mur, Kali Phos.

**Anxiety, Nervousness, Nervous eating** - Kali Phos.

**Irritability** - Kali Sulph, Kali Phos.

**Mental exhaustion, worse after studying** - Kali Phos.

**Complaining, whining teens, irritable, discontent, dissatisfied teenagers** - Calc Phos.

# Mental Symptoms

**Mood Swings - Kali Sulph**

**Temper Tantrum - Kali Phos**

**Anticipatory Anxiety - Silica**

# Physical Trauma

**First Aid** – 1<sup>st</sup> stage- Ferrum Phos (reduce inflammation).  
2<sup>nd</sup> stage- Kali mur- achy and stiff.

**Concussion** - Ferrum Phos, Kali Phos, Nat Sulph.

# Hair, Nails

**Hair fall and breakage** - Calc Phos, Silica (lack of shine).

**Nails** - break easily, thin, white spots- Silica.

White spots - Calc phos.

**Infected hangnail** (paronychia) - Calc Sulph, Silica.

**Athletes foot** - Silica.

**Nail fungus** - Silica.

**Dandruff** - Kali Mur (white), Nat Mur (white), Kali Sulph (yellow).

# Skin

**Boils/ Abscess** - Calc Sulph (weeping, blood streaked, yellow pus), Silica.

• **Liver spot** - Calc Sulph, Kali Sulph.

• **Fungal infections/ Tinea** - Calc Sulph.

**Skin Cracks** - Calc Fluor.

**Splinters** - Silica.

**Dryness** - Nat Mur.





# Skin

**Melasma, Vitiligo, Freckles, Age Spots** - Kali Sulph.

**Smelly perspiration, sweaty feet or armpits, yellow sweat, holes in socks , sweaty head during sleep** – Silica.

**Keloids, Scar tissue** – Silica.

**Warts** - Nat Sulph, Nat Mur (warts on hands), Kali Mur.

**Skin tags** - Nat Sulph.

**Vitiligo** - Kali Sulph.



# Other Ailments

## **Fever**

Ferrum Phos - Inflammation, quick pulse, weak.

**Feel something coming on** - Ferrum Phos.

## **Convalescence after illness:**

Calc Phos - restores blood quality, aids assimilation, tones system

Kali phos - beneficial after a flu.

**Anemia with weakness** - Ferrum Phos alternate with Calc Phos.

**High cholesterol, high triglycerides** - Nat sulph.

# The eye

## **Styes:**

Silica for pus formation, abscess.

Ferrum Phos, alternate with silica if there is inflammation.

**Cataract** - Calc Fluor, Calc Sulph, Nat Phos, Silica.

**Bags under the eyes** - Nat Sulph.

**Dark circles under eye** - Kali Sulph, Ferrum Phos (bluish-black).

# The Ear



**Earache-** Mag Phos (pain comes and goes).

**Ear drum inflammation with no symptoms-** Ferrum Phos.

**Fluid in the ear-** Kali Sulph , Kali Mur.

**Kali mur-**

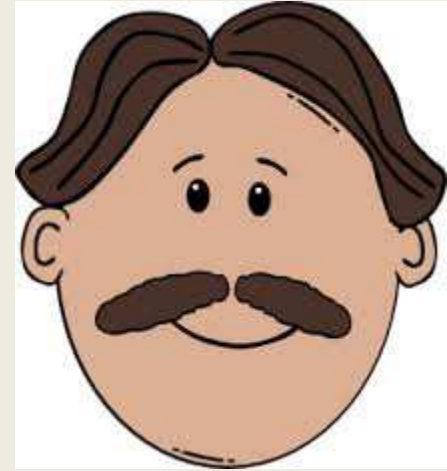
- Swimmers ear (plus mag phos for pain).
- Ear pain on airplanes.
- Congestion in Eustachian tube (crack, popping sounds).
- Can't hear after ear infection.
- Prevent tubes in the ear.
- Prevent painful pressure in the ear when flying.

# Face

**Trigeminal Neuralgia** - Mag Phos.

**Age spots/ brown spots** - Nat Sulph.

**Wrinkles** – Silica.

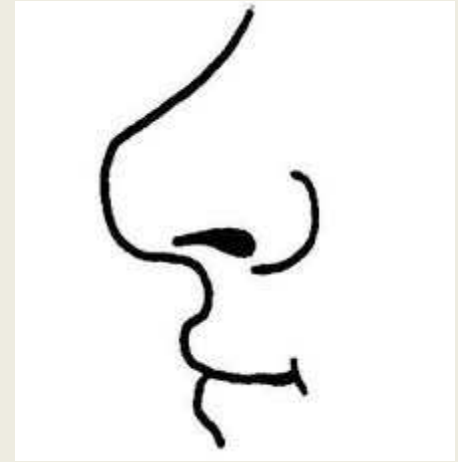


# Nose

**Hay Fever** - Nat mur- watery or raw egg white like.

**Nose bleed** - Ferrum Phos.

**Sinusitis**- Nat Sulph.



# Mouth

**Canker sore**, ulcers, blisters on tongue tip - Nat Mur.

**Cold sores** - Nat Mur (acute and chronic), possibly Nat Sulph.

**Cracked lips** - Nat Mur.

**Dry mouth** - Nat Mur.



# Teeth

**Bone and teeth tonic** – Calc Fluor (strengthens enamel)  
Calc Phos, Silica.

**Teething** - Calc Phos: delayed or painful teething,  
during times of growth, alternate with Calc Fluor.  
Calc Fluor: delayed teething, Mag Phos (teething pain).

**Cavities** - Calc Phos, Calc Fluor (enamel decay/ teeth erupt with cavities),  
Silica (combine and sip in water).

**Toothache** - Ferrum Phos, Mag Phos.

**Translucent tips** - Calc Phos.

**Sensitivity to acids, loose teeth, teeth grow in crooked** - Calc Fluor.





# Throat

**First sign of sore throat - Ferrum Phos.**

**Sore throat, Swollen Glands, Tonsillitis - Silica.**

# Respiration

**Nat Sulph** - Asthma worse cold and damp.

**Kali Phos** - Nervous/ stress induced.

**Mag Phos** - Chest tightness, spasm.



# Digestion

**Nat Phos** - Acidity, heartburn & reflux, indigestion.

**Heartburn** - Nat Sulph (with bitter taste).

**Stomachache in school children** - Calc Phos.

**Hemorrhoids** - Calc Fluor.

**Hiccoughs** - Mag Phos (every 5 min).

**Infant colic** - Mag Phos.



# Elimination

**Water retention** - Nat sulph and Nat Mur.

**Smelly gas** - Nat Sulph

**Removing toxins from the body** (including uric acid and lactic acid) - Nat Sulph

**Restore bladder control in incontinent** - Nat Sulph

**Reduce excess urination** - Nat Sulph

## **Constipation:**

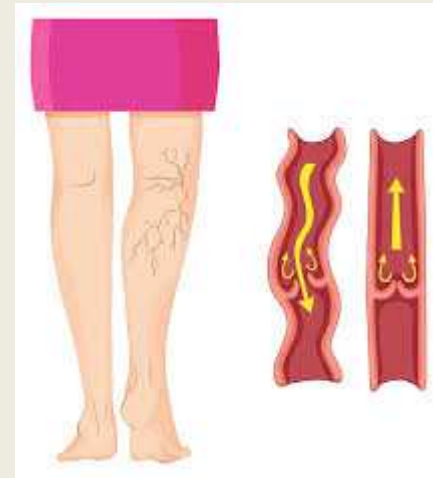
Silica - straining, bashful stool, days between elimination.

Nat Mur - sluggish metabolism, urging but can't go, going every other day, when traveling, small hard stool.

# Veins

Varicose Veins - Calc Fluor, Kali Mur.

Hemorrhoids - Calc Fluor.



# Musculoskeletal

## **Torn meniscus -**

Calc Fluor and Calc Phos (along with Ruta).

## **Gout:**

Ferrum Phos - acute phase (inflammation),

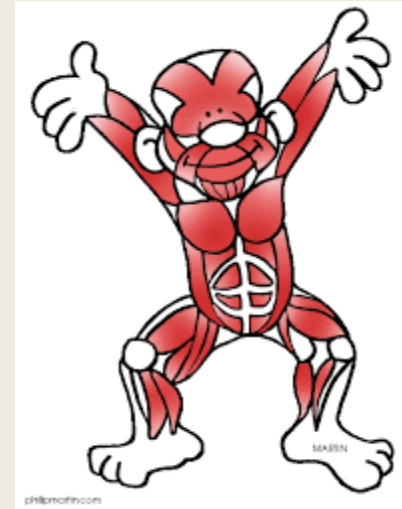
Nat Phos – dissolves,

Nat Sulph – excretion.

## **Spasm and cramps:**

Mag Phos – muscle spasms, neuralgias, twitches.

**Restless legs** - Ferrum phos + Kali Phos.



# Musculoskeletal



**Joint contraction, joint Trauma - Calc Fluor.**

**Joint laxity, strengthen ligaments and tissues, trick knees, weak ankles, joints pop out of socket - Calc Fluor.**

**Cysts, bumps and growths - Calc Fluor, Silica.**

**Growing pains - Calc Phos.**

# Neck and Back

**Whiplash** - Mag Phos ( Bryonia, Rhus tox, Hypericum).

**Tension in the neck and traps from stress** - Calc Phos.

**Lumbar back pain better lying on hard surface**- Nat Mur.

**Disc issues, herniated/ bulging disk, degeneration of vertebrae** - Calc Fluor

**Spinal disk damage** – Silica.

**Can't hold a chiropractic adjustment**- Calc Fluor (Ruta)





# Bones



## Fractures

Calc Phos - aid healing and callous formation, non-union, weak.

Silica - beneficial for all fractures.

Calc Fluor - health and strength of bones.

## Brittle bones, Osteoporosis -

*Calc Phos (1<sup>st</sup> choice) , Silica, Calc Fluor.*

**Bone spur** - *Calc Fluor.*

**Slow growth, growing Pain, growth Spurts** - Calc Phos.

# Neurological

**Neuralgia** - Mag Phos.

**Stammering** - Mag Phos.

**Neuroma** - Calc Fluor.

# Insomnia

**Mag Phos** - if someone is restless and can't lay in bed, emotional upset, physical pain.

**Kali Phos** - acute or chronic , esp. trouble falling asleep ,over stimulated, worry, wakes to urinate, sleep walking, un-refreshing sleep, night terrors, nightmares, kids who don't want to go to sleep.

**Nat Mur** - falls asleep well but wakes and can't fall asleep, can't stay asleep a full night, restless tossing and turning, insomnia after a grief.



# Mold, Yeast and Fungus

**Mold exposure** - Nat sulph.

**Candida:** Nat Phos (creamy discharge, acidity),  
Nat sulph (liver support, worse damp),  
Ferrum Phos.

**Thrush** - Kali Mur.



# Female Reproductive System

**Heavy, Flooding periods (fibroids) - Ferrum Phos.**

**Anemia from heavy period - Ferrum Phos (alt. with Calc Phos).**

**Candida, Vaginal Yeast Infections - Nat Phos.**

**Pre-menstrual/ Pregnancy Water retention - Nat Mur.**

**Uterus and Bladder prolapse - Calc Fluor.**

**Menstrual Cramps- Mag Phos.**

**Bartholins Cyst- Silica.**



# Agrohomeopathy

Silica – Strengthens plants, improve soil, increases pest and fungus resistance, makes water repellent soil more absorbent. Stimulates flower growth, improves fruit setting.

Nat Sulph - for mold, powdery mildew.

Add one tablet to 200mL water (.85 c).

(HomeopathyPlus.com article)



# Cell Salts for Athletes

**Pre-race jitters** - Kali phos.

**Preventing dehydration** - Nat Mur.

**Muscle Cramps**- Mag Phos (add Calc Phos if no relief).

**Endurance and performance** - Mag Phos, Calc Phos, Ferrum Phos.

**Removing lactic acid** - Nat Phos.

(Homeopathy Today Summer 2015, Nurture your inner athlete by Renner, T.)



# Questions?

## Sources

The Healing Echo - Vinton McCabe

Homeopathic Cell Salt Remedies - Nigey Lennon, Lionel Rolfe

Homeopathy Today - 12 Fabulous Cell Salts by Miranda Castro

12 Essential Minerals for Cellular Health - David Card

Homeopathy Today, Summer 2015, Nurture your inner athlete by Tanya Renner

**Presenter** - Kristen Santangelo BS, CCH, RSHom(NA)



# Colds

1<sup>st</sup> stage- **Ferrum phos** little to no discharge, Calc sulph (cleansing)

2<sup>nd</sup> stage- Nat Mur- watery or like egg white, sneezing  
**Kali Mur-White or clear thick but not sticky**

3<sup>rd</sup> stage-

Calc Fluor -yellow green mucous, maybe blood streaked

Nat Sulph- Green, thick profuse, sinusy

Calc sulph- Thick, Yellow, blood streaked,

Calc sulph, Kali sulph, nat phos (post nasal)- thick, yellow

Congestion of Ears nose, Sinus- Nat Mur, Silica

# Cough

**Croupy Cough-** Calc Fluor, Calc Sulph (a.m.), Kali Sulph

**Fever, cough, muscle soreness, flushed cheeks-**  
Ferrum phos

**Rattling in chest, Bronchial Asthma with cough,  
Yellow or Yellow green expectoration, hard to  
cough up-** Kali Sulph

**Painful and Deep-** Kali Mur, Calc Sulph

**Bronchitis or Pneumonia-** Calc Sulph

**Asthma and Wheezing, worse damp-** Nat Sulph

# Arthritis

**Mag Phos-** better heat and pressure, spasmodic, radiating pains

**Nat Phos-** worse before a storm, worse motion or physical exertion, better sitting still

**Nat Mur + Calc Fluor-** finger knuckles crack, joint deformity

**Nat mur-** finger cracking and stiffness

**Calc Fluor-** Fingers painful and swollen, Arthritic nodosities

**Nat Mur-** Knee pain- achy, stiff, cracking worse rising from kneeling

**Ferrum Phos-** gouty inflammation