

# CELL SALTS:



## *The Foundation to Your Health*

A Health Learning Handbook

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*This book is not intended as medical advice. Its purpose is solely educational. Please consult your health care professional for all health problems.*

## **YOU NEED TO KNOW... THE HEALTH MESSAGE**

Do you not know that you are God's temple and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy him, For God's temple is holy and that temple you are.

*1 Corinthians 3:16-17*

So, whether you eat or drink, or whatever you do, do all to the glory of God.

*1 Corinthians 10:31*

## ***Introduction to Cell Salts***

All of our glands, organs, blood and skin consist of cells. Our health is dependent upon the health of our cells.

Cells are composed of three basic parts; a nucleus, the brain of the cell; the cytoplasm, which provides nourishment to the cell nucleus; and the cell membrane, which gives it form and protection.

## ***Cell Function***

The cell interior (cytoplasm) contains 12 cell salts. Different types of cells require more or less of certain of the cell salts. For example, nerve cells require larger amounts of one cell salt and blood cells carry higher amounts of another cell salt.

It is a necessary function of the cell membrane to allow proper nutrients to enter to fuel this factory and keep out all harmful substances like bacteria and viruses. You must get all the raw materials needed on a daily basis.

Our cells are replaced on a regular basis. When the cell does not have the proper materials that it needs to be a healthy cell, our overall health suffers. Cell salts provide the components that our cells need to be healthy. Taken on a regular basis, the cells rebuild themselves with the required healthy materials.

# ***The Cell Salts Discovery***

Dr. Schuessler, a German biologist, found that, according to the time of year we are born, we are likely deficient in three of the 12 cell salts. This deficiency may predispose us to certain ailments as we mature. Dietary, environmental and lifestyle factors may also result in certain cell salt deficiencies. Replenishing that deficiency through micro-cell nutrients supports the health of the body. He also discovered that the cell salts work, not as a medicine, but as an enhancer for the health of the body on a cellular level, helping the body to heal itself.

The cell salts system of wellness is based upon the “cell theory” of Dr. Virchow (1885). He said that the body is a collection of cells and that all medical treatment should center on the health of the individual cell. Together with Dr. Schuessler, they developed a wellness system based on cellular health.

Both doctors believed that a tissue imbalance or a lack of any of these minerals may lead to disease. Providing the missing minerals to the tissues corrects that imbalance and sets the stage for wellness.

The cell salts provide a rebalancing of the body to enable its natural disease controlling mechanisms to function. The cell salts are not a “cure” or a “medicine.” They are body function balancing dietary supplements.

Charles W. Littlefield, an analytical chemist, wrote: *“These mineral salts are the physical basis of all healing. If they are absent from the blood and tissues, no permanent cure is possible.”*

The 12 cell salts are essential for the health and growth of the body. They are grouped according to:

Chlorides, Fluorides, Phosphates, Sulphates and Silica. They are: Calcareo Fluorica, Kali Muriaticum, Natrum Muriaticum, Calcareo Phosphorica, Ferrum Phosphoricum, Kali Phosphoricum, Magnesia Phosphorica, Natrum Phosphoricum, Calcareo Sulphurica, Kali Sulphuricum, Natrum Sulphuricum and Silicea.

These 12 cell salts make up the human body. Due to the minute scale of cells, the ideal way to replenish a deficiency is to use very small micronutrients that can go directly to the depleted cells.

The 12 Cell Salts, or Tissue Salts, as they are sometimes called, have been standard homeopathic remedies for years, usually packaged as small lactose tablets and prepared according to homeopathic standards, however, some believe that spagyric tincture mineral salts, prepared as dietary supplements, provide an easily absorbed transport for the body, enabling the needed cell salts to go directly to the bloodstream without the body expending much needed energy to digest and process them.

## ***Why Is A Spagyric Tincture Superior?***

There are several sources for mineral salts but many believe that only a spagyric tincture has the potency to deal with today's toxic world. A Spagyric tincture is one prepared by using a mother salts procedure as developed by Paracelsus in the 16th Century.

To explain the spagyric tincture one has to explore alchemy. Spagyric was a phrase that Paracelsus

invented in the 1400's. It means to separate and recombine. Paracelsus was a famous Swiss alchemist and physician and was known for his crusade for natural medicines and cures.

Paracelsus is considered to be one of the fathers of modern chemistry and pharmaceutical medicine. A respected physician and university lecturer, Paracelsus demonstrated the power and effectiveness of alchemically prepared medicines.

A spagyric tincture is made by a careful process in which each part of the mineral or plant that you are working with is separated through a process of heat and distillation causing each part to be brought to its highest and purest potential state. This purification process is believed to separate it into body, mind and spirit. Alchemy assumes that each mineral and plant has each of these qualities.

Having brought them to their highest state, the parts are then recombined, resulting in a superior "living tincture." After all the "bodies" of each part of the mineral or plant have been separated and perfected, they are recombined. When consumed, the effect carries over to the person consuming it, thus affecting the physical as well as the subtle levels of the body.

Asians have long understood that we have an energy body as well as a physical body. Cell salt tinctures resonate with the Chi flow in the body. It is well documented that this is an important part of the results shown by Acupuncture, Acupressure, Therapeutic Touch and other systems that work on the subtle energy bodies of both humans and animals.

Another vital factor that makes a spagyric tincture superior is that the mother salts were mined from the

earth 30 years ago, carefully prepared in a year-long process and aged like fine wines.

Many dietary supplement manufacturers overlook these essential micronutrient minerals that the cells need to remain healthy.

Locate the spagyric tincture mineral salts today and begin using them according to the wisdom of the ancients. Have each of them available for a moment's notice. You will be amazed at the results. Keep them around for the myriad of situations that arise in your household. Take them for at least a 90-day period before judging their effectiveness for you.

### ***4 Cell Salt Groups and 12 Cell Salts as discovered by Dr. Schuessler:***

#### **Chloride:**

Kali Muriaticum (Potassium Chloride) - #6

Natrum Muriaticum (Sodium Chloride ) - #10

#### **Fluoride:**

Calcarea Fluorica (Calcium Fluoride) - #1

#### **Phosphate:**

Calcarea Phosphorica (Calcium Phosphate) - #2

Ferrum Phosphoricum (Iron Phosphate) - #4

Kali Phosphoricum (Potassium Phosphate) - #7

Magnesia Phosphorica (Magnesium Phosphate) - #5

Natrum Phosphoricum (Sodium Phosphate) - #11

#### **Silica:**

Silicea (Silica) - #9

#### **Sulphate:**

Calcarea Sulphurica (Calcium Sulphate) - #3

Kali Sulphuricum (Potassium Sulphate) - #8

Natrum Sulphuricum (Sodium Sulphate) - #12

# ***Cell Salt Deficiency Symptoms***

## ***As Discovered By Dr. Schuessler***

### **Calcarea Fluorica (#1)**

#### Calcium Fluoride

Ailments of the tendons  
and ligaments  
Bleed easily  
Bones  
Carbuncles  
Circulation  
Cracked skin  
Enlarged lymph glands  
Flabby flesh  
Frequent vomiting  
Hanging abdomen  
Heart problems  
Muscle sprain  
Muscles, weakness  
Obesity  
Poor circulation  
Prolapsed organs  
Rough/sensitive teeth  
Ruptures or hemorrhoids  
Skin diseases  
Small intestines  
Synovitis  
Teeth  
Tissues, elasticity of  
Tumors  
Ulcers  
Urine odor  
Varicose veins  
Weak connective tissues

### **Calcarea Phosphorica (#2)**

#### Calcium Phosphate

Anemia  
Blood  
Bone diseases  
Broken bones heal slowly  
Catch cold easily  
Chronic lung problems  
Congestion  
Convalescence  
Debility  
Deep ulcers  
Fevers  
Gastritis  
Glands  
Hands and/or feet cramp  
or spasm  
Hands and/or feet go to  
sleep/numb  
Headaches  
Inflammation  
Kidney stones /gall stones  
Lungs  
Mucous discharge  
Nerves  
Neuralgia with numbness  
Night sweats  
Poor digestion  
Rheumatism  
Rickets  
Slow rate of growth  
Sore genitals or breasts  
Spinal curvature



### **Calcarea Sulphurica (#3)**

#### Calcium Sulphate

Bladder  
Bronchitis  
Deep abscesses  
Edema  
Excess sweat  
Frontal headaches with  
sickness  
Hydration problems  
Kidney disease  
Mucous membranes  
Nerves very sensitive  
Oozing ulcers  
Skin eruptions  
Toxic liver

Heavy menstruation  
Inflammation  
Insomnia  
Internal hemorrhaging  
Listlessness  
Neuritis  
No appetite  
Pleurisy  
Recent physical injury or  
surgery  
Runny nose  
Sinus congestion with  
headaches  
Stomach  
Teething fever  
Tissue inflammation

### **Ferrum Phosphoricum**

#### **(#4)** Iron Phosphate

Active measles /whooping  
cough  
Anemia  
Arthritis, rheumatism or  
gout  
Beginning stages of all  
acute illness  
Bleeding or painful  
hemorrhoids  
Bronchitis  
Cough  
Dry stools  
Frequent colds, fevers,  
sore throat, flu  
Frequent constipation  
Frequent diarrhea  
Frequent nose bleeds

### **Magnesia Phosphorica**

#### **(#5)** Magnesium Phosphate

Abscesses/boils/acne  
Angina  
Arthritis/rheumatism/ gout  
Bronchial discharge  
Colic pains  
Convulsions  
Cramps / Spasms  
Ear aches/toothaches  
Flatulence  
General pain  
Headaches  
Heart palpitations/angina  
Hiccoughs  
Highly sensitive/nervous  
Mental exhaustion /insom-  
nia  
Muscle inflammation

Nervous asthma  
 Neuralgia  
 Painful urine retention  
 Painful menstruation  
 Pancreas  
 Paralysis  
 Profuse perspiration  
 Prostate difficulties  
 Sharp, shooting pains  
 Squinting  
 Sweat when in pain  
 Thin / easily exhausted  
 Vaginal spasms  
 Vomiting  
 Widespread itching  
 Writer's cramp

### **Kali Muriaticum (#6)**

#### Potassium Chloride

Acne  
 Active chickenpox/  
     mumps/measles  
 Asthma  
 Clotted bleeding  
 Constipation with light  
     gray stools  
 Croup  
 Dropsy  
 Dry nose inflammation  
 Dull, aching pains  
 Ear and throat ailments  
 Eczema  
 Epilepsy  
 Eyes seep mucous  
 Fever  
 Gray-white mucous  
 Hand warts

Inability to digest fats or  
     starches  
 Jaundice  
 Menses blood dark/clotted  
 Mucous colitis  
 Painful menstruation  
 Pleurisy/Pneumonia  
 Poor digestion  
 Whitish vaginal discharge  
 Shingles  
 Sluggish liver  
 Swollen / congested  
 Eustachian tubes  
 Thyroid  
 Tonsillitis

### **Kali Phosphoricum (#7)**

#### Potassium Phosphate

Alternating moods  
 Appendicitis  
 Bowel bleeding  
 Brain concussion  
 Delirious  
 Depression  
 Despair /anxiety  
 Diarrhea  
 Excessive menstruation  
 Fear /sadness  
 Headaches  
 High pulse rate  
 Hysteria  
 Indigestion  
 Insomnia  
 Impotence  
 Improper fat digestion  
 Irritability

Irrational Fears  
 Mental decline  
 Motion sickness  
 Nausea  
 Nerve / muscle disorders  
 Nerve pains  
 Nervous asthma  
 Offensive secretions  
 Ovaries  
 Poor memory  
 Prostate  
 Prostration after exercise  
 Spasms / cramps after  
     exercise  
 Sleepwalking  
 Stress  
 Weak muscles / paralysis

Inflammation  
 Jaundice  
 Oily skin  
 Pains in hands or feet  
 Pains that move around  
 Pneumonia  
 Sinus congestion with  
     headache  
 Skin conditions  
 Symptoms get worse in  
     the evening  
 Weary and heavy  
 Yellow coated tongue  
 Yellow/slimy mucous/pus  
 Yellow vaginal discharge

**Kali Sulphuricum (#8)**  
(Potassium Sulphate)

Acid stomach/sour belching  
 Alternate hot/cold  
 Anxiety / sadness  
 Arthritis, rheumatism or  
     gout  
 Asthma  
 Athlete's foot  
 Bronchitis  
 Dandruff  
 Difficult menstruation  
 Flatulence  
 Frequently missed periods  
 Hear  
 Heavy headache  
 Indigestion

**Silicea (#9) (Silica)**

Absent-mindedness  
 Abscesses  
 Adrenals  
 Anal spasms  
 Arthritis / rheumatism  
 Boils / carbuncles  
 Breast inflammation  
 Bruised / diseased bones  
 Cataracts  
 Chronic insomnia  
 Connective tissue problem  
 Cystitis / tumors  
 Deafness  
 Digestive conditions  
 Dry feet with odor  
 Feet/armpits over perspire  
 Foul diarrhea  
 General debility  
 General irritability

Hacking cough  
 Hair/skin/nail disorders  
 Headaches from studying  
 Inner chilliness  
 Joints crack  
 Kidneys  
 Little body heat  
 Lymphatic congestion  
 Menses with icy coldness  
 & constipation  
 Mouth/tongue ulceration  
 Nervous exhaustion  
 Night sweats  
 Painful constipation  
 Poor memory  
 Pus formation  
 Slow/difficult thought  
 Slow healing wounds  
 Sore, tender feet  
 Spinal irritation  
 Thick mucous membranes  
 Tire easily  
 Toxicity  
 Ulceration of nasal bones  
 Vaginal discharge  
 Weak ankles  
 Weakness

Cold hands or feet  
 Colon  
 Cracked fingertips  
 Crave salt  
 Diarrhea/Nervous bowels  
 Dry chronic constipation  
 Dry eyes or watery eyes  
 Edema  
 Excessive salivation  
 Flaky skin  
 Greasy skin  
 Gum ulcers  
 Hair loss / dry scalp  
 Hands or feet numb  
 Hay fever  
 Headaches  
 Heart palpitations  
 Hysteria  
 Insufficient or excessive  
 moisture  
 Mucous  
 Rapid pulse  
 Sciatica  
 Sterility  
 Stupor in illness  
 Sunstroke

### **Natrum Muriaticum (#10)**

Sodium Chloride

Addison's disease  
 Asthma with edema  
 Bloating  
 Chills / fever  
 Chronic diarrhea  
 Chronic facial eczema

### **Natrum Phosphoricum**

**(#11)** Sodium Phosphate

Acidity in young child  
 Arthritis, rheumatism or  
 gout  
 Colic  
 Constipation with acid  
 symptoms

Cramps/Spasms  
 Diabetes  
 Diarrhea  
 Digestive upsets  
 Dyspepsia  
 Eczema with creamy secretions  
 Frequent urination  
 Gallbladder  
 Heartburn  
 Intestinal worms  
 Insomnia with itching  
 Low white blood count  
 Motion sickness  
 Nausea  
 Neuralgia  
 Offensive odor  
 Pain after eating  
 Pituitary  
 Poor fat digestion  
 Sciatica  
 Sick headaches  
 Sour breath with vomiting  
 Sour, creamy vaginal discharge  
 Sterility w/ acid symptoms  
 Thick yellow mucous  
 Yellow eye discharge

**Natrum Sulphuricum (#12)**  
*(Sodium Sulphate)*

Arthritis, rheumatism, gout  
 Asthma  
 Concussion  
 Constipation  
 Crops of warts  
 Diabetes

Dry mucous membranes  
 Earache with noise in ear  
 Edema  
 Excessive milk in lactation  
 Excessive sleepiness  
 Eyelids stick shut  
 Fever/flu  
 Flat/ soapy taste in mouth  
 Flatulence  
 Gallbladder, liver and/or kidney disorders  
 Gas  
 Incontinence of urine  
 Influenza  
 Irritable with depression  
 Jaundice  
 Leukemia  
 Light sensitivity  
 Little perspiration  
 Liver disorders  
 Migraines  
 Nausea  
 Neuralgic sick headaches  
 Night asthma attacks  
 Nose, moth or gums burn frequently  
 Often thirsty  
 Sciatica  
 Skin too moist or too dry  
 Soft warts  
 Tongue is coated green-brown  
 Vertigo  
 Vomiting during pregnancy  
 Vomiting with diarrhea  
 Watery pus discharges  
 Yellow-green mucous

***Birth Date******Cell Salts Deficiency  
Per Dr. Schuessler***

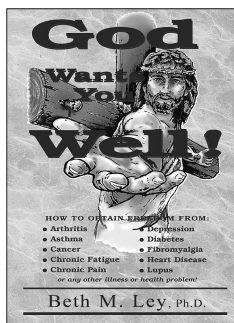
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5/21 - 6/21	Calc Fluor, Mag Phos, Kali Sulph
6/22 - 7/22	Mag Phos, Kali Sulph, Nat Phos
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## About The Author...

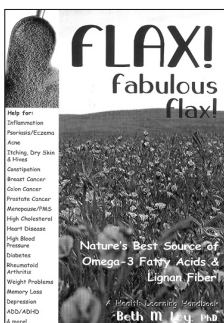
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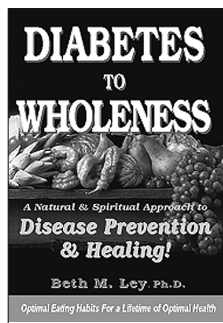
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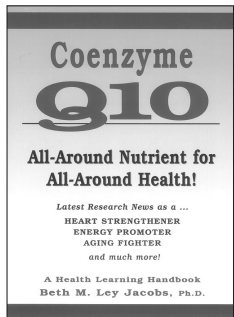
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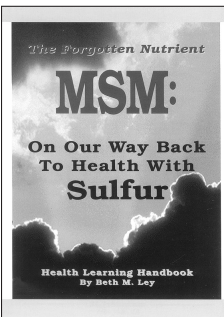
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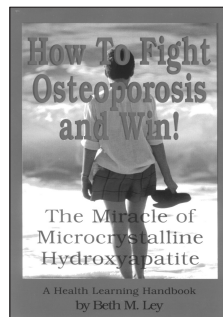
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