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infections, headaches, liver problems
and many other ailments*

Nature's 12 Magic Healers

*Using Homeopathic
Cell Salts to Protect
or Restore Health*

Lionel Rolfe & Nigey Lennon
Foreword by Carolyn M. Dean, M.D.

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Nature's 12 Magic Healers The Amazing Benefits of Cell Salts

INTRODUCTION

Dr. W. H. Schuessler's 12 cell salt remedies have been keeping thousands of people fit and healthy for nearly a century. During the last few decades, however, this time-honored system of therapeutics has been rapidly increasing in popularity. More and more people from all walks of life are trying the cell salts and becoming convinced of their effectiveness. For example, we personally have been taking a combined source of the 12 cell salt remedies. The results have been rapidless fatigue, more endurance, numerous minor health problems gone, healthier appearances, and brighter outlooks on life.

The late Linus Pauling, who won the Nobel Prizes for chemistry and world peace, predicted that the greatest advances in the next hundred years will be in medicine, biochemistry, and molecular biology. He theorized that the motion of atoms and how this motion relates to disease and health would become better understood.

Pauling believed that in the future there won't be medicines for particular illnesses so much as there will be medicines for each individual person. This advanced concept is the theory of a school of medicine that has lost popularity in recent years but which is staging a remarkable comeback.

Homeopathy, especially Dr. Schuessler's cell salt system which is derived from it, has remained popular in England (the Queen's royal physician is a homeopathic practitioner), Germany, France, parts of Latin America, Mexico, and India. In the former U.S.S.R., large homeopathic clinics and hospitals are operating in several major population centers.

Unfortunately, in the U.S., homeopathy and the cell salt system have been kept alive primarily through the efforts of laymen rather than by medical professionals. Conventional medical doctors here know little about homeopathy even though it was in a homeopathic hospital in New York that x-rays were first used in the fight against cancer.

Now, as part of the growing movement toward better health and a healthier diet, many natural food stores carry cell salts and cell salt literature. More people are discovering for themselves that cell salts can keep them well, especially when they are used as part of an over-all approach to good health.

The Development of the Cell Salt System

Germany is the country in which the cell salt system is most widely practiced as a medical specialty. This is probably because this is where it originated. Germany is the birthplace of Dr. W. H. Schuessler, who practiced medicine using only the system he researched with incredible success.

Dr. Schuessler's view was a modern one. He was a homeopathic physician, but he felt that the active ingredients in the 2,000 or so homeopathic remedies of his day were their mineral constituents. Working in his own laboratory, he quickly isolated these constituents and thus the 12 cell salt system was born.

Today, much of the homeopathic medicine practiced in Germany is based on Dr. Schuessler's work. Since then, cell salts have brought thousands of people throughout the world long-lasting relief from their health problems. The cell salt system is effective and simple. It is based on homeopathic remedies, and it is set up in such a way that

any intelligent layman can understand and use it. Remember, however, that the practice of homeopathic medicine is a highly evolved medical specialty. Home treatment with cell salt remedies can't replace the services of a good doctor, homeopathic or allopathic.

FOREWORD

Dr. Schuessler, a German homeopath in the 1800's, was convinced that the most important remedies in the homeopathic pharmacy were minerals. What he created with his 12 cell salts was a unified healing system that gains strength and momentum with time.

When I first began studying homeopathy in 1978, I was very excited because I realized I would never master this art, I would always have something new to learn. However, that is not the way most people want to approach a healing modality. They want something useful, accessible and practical. Cell salts give you just that. This system can treat a myriad of health conditions yet is a system that can be mastered by a lay person in a short period of time. And, all you need is a kit of the 12 cell salts plus the All-12 Combination, not several thousand homeopathic remedies.

As the public is becoming aware of severe mineral deficiencies, the nutritional industry is inundating us with mineral and trace mineral formulas. We have harvested most of the nutrients out of over-worked soil and the food we eat is grown on this depleted medium. Where can we get our minerals? We are admonished to filter our water to avoid parasite contamination. Does this filter away some of our important minerals too?

It seems to me that a regular consumption of the cell salts will provide many of these necessary minerals. The 6x potency is dilute enough to prevent overdosing yet provides the body with the information that it needs to work its biochemical processes. Imagine a scenario wherein the body is experiencing a mineral famine. These minerals are important for building blood and building bones and for the metabolic functioning of the thyroid, the adrenal glands and the liver. In a deficiency state the body must slow down, or down-regulate, many of its activities. The body limps along, trying to reserve the minerals it does get for the most vital bodily functions. The result can include chronic fatigue, anemia, weakened immune function, joint and muscle aches and pains.

The All-12 Cell Salt Combination given at this time would begin to up-regulate the various biochemical pathways and provide the combined base minerals needed for optimum functioning. There hasn't been a lot of research comparing cell salts and gross minerals but my feeling is that the cell salts are probably more readily absorbed. Gross minerals have to go through a complicated valence change in the gut which requires a specific pH which makes malabsorption one of the big problems in mineral nutrition. This brings me to the influx of mineral tonics on the market.

The gap they are trying to fill definitely exists; however in my experience these tonics are subject to contamination. By definition they are an excellent nutrient broth. Not only humans but any organism would love it. The contamination can occur during the processing or after opening the jar.

If you place open petrie dishes with the nutrient agar out on your kitchen counter, you will grow organisms. There are bacteria and mold spores in the air and they will contaminate whatever they land on. Nutrient contamination is beginning to be recognized as a big problem in the supplement industry. In trying to avoid harsh preservatives the pendulum swings to "no preservatives" and contamination ensues. Alternative, natural preservatives will be identified and must be used.

In the meantime I feel that cell salts probably suffer far less contamination and provide the mineral support that the body needs in a form that it can absorb. And the guidelines for prescribing cell salts are clearly laid out in Nature's 12 Magic Healers.

I am so glad that Lionel and Nigey have decided to reprint their wonderful book on cell salts. It is a fun book to read with all the fascinating case histories covering most common health conditions. The ailment section at the end

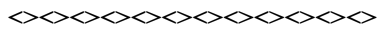
is especially useful for finding your own health problem and identifying the appropriate remedy. And, when the right choice is made, the results are usually speedy and dramatic. If you have made the wrong choice, there will be no repercussions or side effects; the remedy will just not work. Then, you must do further research on the problem and come up with another remedy.

However, all the appropriate provisos are emphasized; if you feel you have a serious condition consult your doctor or go to a hospital. Use the cell salts to feel better, for acute first aid and minor ailments or while you are trying to reach your doctor. If you find you need help selecting an appropriate remedy, find a local homeopath or naturopath to work with.

We are all interested in maintaining good health and finding cost-effective health care. Cell salts can provide us with the tools we need to achieve this goal. Enjoy becoming an expert in cell salts, your cells will love you for it.

INTRODUCTION

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How to Use This Book

Use this book whenever you have the sort of health problem that calls for self-diagnosis, self-treatment, and self-medication. Don't give up if relief is not immediate. Remember that homeopathic medicines and Dr. Schuessler's biochemical cell salts are subtle remedies and they don't bring the instant relief promised by so many of the remedies you can buy at a drugstore. Homeopathic remedies, which can relieve a variety of psychological and physical ailments, are available at many natural food stores and can be ordered through the mail.

Cell salts can affect you in many positive ways. Although you take a particular remedy based on your symptoms, these medicines produce their cure not by simply eliminating the symptoms, but by correcting the imbalances that have caused the symptoms in the first place. Often you will discover that a particular cell salt can relieve your symptoms by putting your body into balance. In this way, these remedies cure far more than the symptoms you might take them for.

At the back of this book is a Simplified Remedy Guide, which will indicate the remedy you should use for your particular problem. When a remedy in the Simplified Remedy Guide is recommended for your particular ailment, read the chapter on that remedy and on other remedies that might also be indicated. Few ailments, if any, can be cured by just one remedy.

Usually a combination of remedies is required. To understand how the cell salts work alone and together, you should read the indicated chapters. For example, you will find headache sections in more than one of the chapters in this book because different remedies treat different kinds of headache.

The final chapter of this book shows you how to use cell salts and other substances for a brighter, more attractive appearance.

Both men and women will have cause to refer to this chapter often for helpful tips on self care. The Simplified Remedy Guide includes complete information on where to buy cell salts and describes the prepackaged combinations of cell salts manufactured by some of the most reputable homeopathic pharmacies.

This book, then, should not only be read through, but consulted as a daily health guide. In it you will discover a completely safe way to maintain good health, good spirits, and good looks for the rest of your life by learning the secrets of nature's 12 magic healers, the Schuessler cell salts.

Part I

Cell Salts for Health and Vitality

The Principles Behind Cell Salts

Dr. Schuessler's theory of cell salts grew out of his observation that when the human cell is reduced to ashes there are only 12 minerals left. A lack of these minerals in a living organism will keep organic materials from entering the cells, which means that the cells cannot perform their necessary functions. In other words, a lack of these minerals, also called cell salts, will create an imbalance in the body.

Even if we eat foods that contain a large number of these important minerals, we may not be correcting a deficiency in diseased cells because a disease often results in the cells' inability to assimilate what they need from

the diet. This is when special doses of cell salts are needed. The salts you need, which this book will teach you to determine, should be taken in a form in which they can be easily assimilated into the bloodstream from the mouth, throat, esophagus, and capillary walls.

The process that breaks down these minerals to the right size so that the body can readily assimilate them is called trituration, which we will describe fully a little later. Just remember that as small as the active ingredient may be in these remedies, it still contains about 16 million molecules that help make up cells. For instance, there is less than one billionth of a gram of potassium chloride in one blood cell. This is a much smaller amount than is found in the corrective potassium chloride cell salt dose. The basic idea is that disease starts in the individual cells so these cells are the focus for remedial action.

Samuel Hahnemann, the founder of homeopathic medicine in the 18th century, was the first to realize that there was medical significance in mineral substances. But it wasn't until Dr. Schuessler, in the last century, that an organized system of therapeutics based solely on these substances was created.

Dr. Schuessler, like his predecessor Hahnemann, was German and a very brilliant man. He mastered Sanskrit, Greek, and Latin, as well as English, Spanish, and Italian. He became a doctor in the village of Oldenburg, where he practiced homeopathic medicine. When he read the work of Rudolph Virchow, who taught that the disturbances thought of as diseases are actually signs of change in cell metabolism, Dr. Schuessler became convinced that the active ingredients in the most successful homeopathic remedies were inorganic.

This concept of Dr. Schuessler remains his most controversial to this day, but that doesn't invalidate his system of cell salts. The debate lies in whether the 12 cell salts are sufficient to combat illness without the aid of other substances. Modern users of the system have added a number of remedies that Dr. Schuessler couldn't have known about in his time, thus updating the system. Dr. Schuessler was not entirely aware of some of the trace elements; yet his 12 cell salts include some of the more important of these.

Another thing that must be emphasized is that all of the leading biochemists in medical history have stated that the effectiveness of their remedies depend upon sound nutrition. Biochemistry concerns itself with the chemical processes of the body's complex life system, and there is nothing more interrelated than that life system and the substances that keep it going. All of the cell salts in the world cannot help you if you don't give them a little help by maintaining a good diet.

When Cell Salts Are Necessary

Cell salts are necessary when food intake is unable to supply the cells with essential nutrients. Cell salts may have a therapeutic effect, but ultimately they are a food, and the body requires them for overall health, vigor, and disease-fighting ability.

Dr. Schuessler's cell salts are prepared in minute doses and the more minute the dose, the more powerful is its effect on the cells. The Schuessler medicine commonly referred to as ferrum phos. (iron phosphate) generally comes in the 6x potency; but it may also be obtained in a more powerful 200x form. The larger number stands for a smaller amount of the actual ingredient. Most homeopathic authorities do not recommend anything other than 6x or 3x for self-treatment. In high doses, the cell salts can cause adverse reactions in people.

The smallness of the mineral is what enables it to get to the body cell that specifically needs it. It enters the cell through osmosis; that is, it seeps through the cell wall.

As modern science is just beginning to make clear, health is a subtle process. You have to take the initiative to stay healthy. You should be concerned about smog, polluted water, the chemicals in the food you eat, and everything that goes into your body, because all of these things affect your health. Dr. Schuessler's cell salts are most effective as part of a holistic approach to illness taking as much care as you can of your whole body and its environment. The best way to remain healthy is to use the most natural things you can from the most natural sources; i.e., fresh, untreated water; organically grown fruits, vegetables, and grains; and meats that are free of hormones and

additives. Nature is still wiser than humankind as most great scientists will readily admit.

How Cell Salts Are Made

Manufacturing of the salts begins with a careful determination of the quality of the minerals. Only the best grade of minerals is used, and the source must be natural. Next, the minerals are ground by hand process which takes at least 200 hours. The finer the particles of the minerals and the higher the potency being manufactured, the longer the grinding takes. After the substance has been ground to a fine powder in the laboratory, which is hermetically sealed to prevent any dust from escaping, the powder is transferred to an electrically driven mortar and pestle. The potency of the cell salt is determined by the length of time it is ground in the mortar and pestle.

Eventually, the active ingredient is vaporized, and the air in the laboratory is full of the mineral. The operator who removes the vaporized mineral substances from the mortar and pestle must wear a mask, because the vapor has incredible powers of penetration.

The final tablets are made up of milk sugar and the mineral. In Dr. Schuessler's dosages, far less than one part per million of the ingredient is used. The ingredient is said to be triturated ground very fine.

Each individual cell of your body is a marvelous organism that normally selects and rejects substances to keep it healthy. When there is disease or irritation, the cell loses this ability. Weakened cells must get the mineral they need in the triturated form. Bypassing the digestive system is necessary to overcome the cell's inability to absorb nutrients from the digestive system.

It might seem strange to think of our health as being determined by things that happen on microscopic levels, but this is the case. One biochemist made a fascinating microscopic film showing how a small amount of poison (one part in 30,000) quickly went to work destroying healthy cells. You can see how damaging pollutants in the air and our food and water are when you see this demonstrated so graphically.

Although biochemistry is an old science, biochemists around the world are constantly rediscovering its virtues. In 1957, which was a period of considerable atom bomb testing, Mira Louise, an Australian biochemist, examined a large number of people with radiation symptoms hair loss, overwhelming fatigue, dim vision, vertigo, and memory loss. She ran some tests and discovered that the victims' cell salt concentrations were far too low, and she subsequently reported that she had great success in curing them with the appropriate cell salts. Her theory was that radioactivity was draining away their needed cell salt nutrients, and when these were replenished, the radiation symptoms would be eliminated.

The Benefits of Cell Salt Use

An important advantage of cell salts is that they can be self-administered. With little more than this book and a few dollars for the inexpensive remedies (available by mail and at many natural food stores), you can effectively treat many of your illnesses, and you will experience an overall sense of health and vitality that you may never have felt before.

There is no mystery surrounding cell salts and their many benefits. If you suffer from the common cold, for instance, when you take the appropriate cell salt remedy you will find the relief that is promised but never delivered by widely advertised over-the-counter medicines. You cannot harm yourself with cell salts. Even if your body has no need of the cell salt you may be taking, there will be no damage done.

Each cell salt performs a specific function in the body's vital processes, and all of these functions and processes are interrelated. Homeopathic medicine emphasizes the individuality of each person. Each person will have characteristic symptoms that spell out his need for particular remedies.

How to Use Cell Salts

Included in this book are special sections telling you which cell salts are recommended for particular ailments and

the various forms in which cell salts can be taken. Whether you order cell salts through the mail, buy them at a natural foods store, or buy them at a homeopathic pharmacy, insist on products from established, reputable firms.

A number of cell salts are available as tablets, and there are also tonics containing combinations of cell salts. But just because a tonic contains the 12 remedies, that doesn't mean it will necessarily provide the particular ones your body needs in the specific combinations needed to treat your symptoms.

You need to begin your own investigation of cell salts to discover which of the 12 remedies is your specific constitutional remedy. Study the patterns of the symptoms described in each of the chapters in this book. You will find yourself disregarding certain salts because you do not have the symptoms they treat. In some cases you may have some of the symptoms but not all of them. Once you are familiar with all 12 cell salts, you'll see which are right for you. You should take this remedy even when it is not necessarily the best remedy for the particular symptoms bothering you at the moment!

We recommend the pre-eminent biochemical remedy, ferrum phos., as a tonic. It is so good for so many things that there are few people who cannot benefit from it. But when it comes to dealing with particular problems, such as asthma, hay fever, rheumatism, heart trouble, indigestion, and depression, you should read several different chapters. The Simplified Remedy Guide at the end of the book will tell you which chapters you should read for particular problems. You will note that while one cell salt is often the most called for in a particular case, others can be just as necessary; and in each chapter you should read about the remedy's usefulness in various diseases.

As you read this book, you will also begin to understand some of the patterns common to the different cell salts in various combinations. These combinations can give you long-lasting health, so it is wise to study them. For example, if the phosphate cell salts can help you, you will have certain symptoms to indicate a need for them.

How Homeopathic "Proving" Are Made

Homeopathic medicine emphasizes that its remedies work best when they are combined with better nutrition and more healthy living. All of the cell salt remedies have been "proven" homeopathically, and research in today's nutritional laboratories yields results remarkably similar to those of the homeopathic provings made 200 years ago.

Homeopathic medicine lists thousands of botanical and mineral remedies that have been proven homeopathically for the last two centuries. The biochemical system of medicine, using cell salts, concentrates on the mineral and the inorganic substances in homeopathy.

According to homeopathic researchers, a "proving" takes place when a substance will produce symptoms in healthy people similar to the symptoms seen in sick people. The theory is that the symptoms the remedy produces in a healthy person are the same as those the remedy will cure in a sick person. Vaccinations are an example of this homeopathic proving theory also called "like cures like."

Vaccinations, in fact, support the homeopathic theory that Hahnemann propounded two centuries ago, which is that a small amount of the illness contained in a certain substance will protect a person who receives it from contracting that illness. Helping the body build up its own immunity is a part of modern medical concepts. In *An Introduction to the Principles and Practice of Homeopathy*, Charles E. Wheeler, M.D., consulting physician to the London Homeopathic Hospital and former president of the British Homeopathic Society, explains that "the success of vaccine therapy comes to strengthen the possibility that 'like' may be a remedy for 'like,' for if it is not homeopathy to make remedies for diseases out of the agents which are held to be the causes of these diseases it is difficult to find a better word . . . Vaccine therapy does not prove the truth of homeopathy, but does it not make it less paradoxical and incite to independent research?"

Dr. Schuessler's biochemical system condenses the thousands of remedies found in the homeopathic materia medica into 12 basic remedies and submits that these 12 remedies can do most of the things that the thousand of others can do. Most homeopathic doctors, and even many adherents of Dr. Schuessler's 12 cell salt system, do not

entirely agree. But many people have had good results with these 12 cell salts.

A Marvelous Healing System

Whether or not these 12 cell salts are all that are needed, it is helpful that this system of remedies includes only 12 healing agents. This means that laymen can learn on their own how to use them effectively for many of their health problems.

As stated earlier, Dr. Schuessler believed that the active ingredients in homeopathic remedies are the inorganic minerals that affect cell metabolism. For example, one of the most famous homeopathic botanical remedies is Pulsatilla, which is obtained from the windflower. Even before Dr. Schuessler, doctors understood that the active ingredient in Pulsatilla was silica mineral. The difference between the cell salt remedy silica and the botanical remedy Pulsatilla is that the cell salt silica works better for people who tend to feel chilly, while Pulsatilla works for people who are more warm-blooded. Silica is given routinely in all cases in which immediate relief with Pulsatilla has not been achieved. Homeopathic experts believe that silica will then work effectively to keep the health problem from reappearing.

Matching up your symptoms with the required remedy is not easy. If you have several symptoms that seem to match a remedy and some that do not, the remedy might work but it also might not.

Taking cell salts cannot hurt you, so if you take the wrong remedy, there is absolutely no harm done. But there are people who believe that if you take a great number of different cell salts without carefully checking which are right for your symptoms, they will cancel each other out. And if you are trying to get rid of a chronic health problem, you might have to stick with your remedy for as long as two months to see any results. For example, asthma is not an easily corrected condition with any medication. Still, in many cases you can expect your remedy to work within a day or two. If it doesn't, discontinue use and see your doctor. There have been numerous cases, of course, where the remedy has worked within a matter of minutes. But in all ailments of a chronic nature, you must be patient. Remember: a cell salt remedy doesn't always eliminate the symptoms; the symptoms merely indicate in which cell salts the body is deficient. But since it was a deficiency that caused the health problem in the first place, re-establishing the right mineral balance in the affected cells is the key to health. Many non-homeopathic medicines are palliatives rather than cures. They don't cure the disease, they merely suppress its symptoms. Cell salts are more subtle and slower-acting, but they are more profound in their action.

One interesting thing about cell salt remedies is that you prescribe for yourself, based on your mental and physical symptoms. Not even your doctor can feel pain as you feel it or she must rely on you to say where and what your pains are.

For nearly two centuries, doctors who have specialized in homeopathy have understood the importance of sodium and potassium, which are extremely important in homeopathic remedies. You will become very familiar with these and other minerals in a variety of combinations as you read this book, for these have been important remedies in the cell salt system for over a century.

Part II

Ferrum Phos.:

The Pre-Eminent Biochemical Remedy

The Case of Diana P.

Diana P., a woman in her early thirties and the mother of two children, moved to the mountains, where she engaged in one of her favorite pastimesgardening. She soon began to notice, however, that whenever she worked for a long time in a kneeling position and then stood up, she would feel a rush of giddiness. This giddiness finally

became so pronounced that Diana felt she might have to stop gardening. Then, one day, when she was in town doing the marketing, she went into a health food store. While there, she told the woman who ran the store about her problem with giddiness. The woman suggested that she try biochemical ferrum phos., which is actually iron phosphate, since the symptoms seemed to correspond with a need for iron in minute doses. After Diana took the ferrum phos., her giddiness vanished. Now, every time it returns, she takes daily doses until she has banished it.

It is part of the character of ferrum phos. that it can dramatically cure cases like that of Diana P. In fact, ferrum phos. is known as the primary biochemical first-aid remedy because it carries oxygen throughout the body and strengthens the walls of the blood vessels, especially the arteries. Since blood that is rich in oxygen is essential to vital health and a long life, ferrum phos. is the first remedy to consider, especially in cases of congestion, inflammation, high temperature, or rapid pulse. This is true even if the symptoms seem to indicate another remedy.

However, it is important to understand that ferrum phos. is not a cure for anemia. Anemia is a complicated malady that must be attended to by a doctor. But Diana P.'s case illustrates something that is important to keep in mind as you read this chapter. You might need iron as a nutritional supplement, but in minute or homeopathic doses it can also help. In this form it works more subtly, but in the long run these minute doses lead to profound effects and are as health-giving as the best of medicines.

Iron in minute doses should be prescribed for anemia-related symptoms such as those from which Diana P. suffered. But ferrum phos. is good for almost everything that ails you because it is the cell salt most directly concerned with the blood, and the blood is the first place to look for health as well as sickness.

Ferrum phos.'s best uses may be those exemplified by the case of Diana P. Americans in general suffer from depression, tiredness, and dizziness. These are common complaints in every doctor's office, and usually these symptoms indicate a need for ferrum phos. Few doctors, unfortunately, are familiar with the use of iron in minute doses. And not all of them are aware of another cure for the symptoms mentioned above: elimination of white sugar from the diet. Depression and weakness can result from an excessive intake of white sugar. If you take ferrum phos. and eliminate white sugar from your diet, you may find that tiredness is no longer a problem. Who Needs Ferrum Phos.?

Signs that you need ferrum phos. (and almost everybody does in some way) are: weakness and general debility with a constant desire to lie down and rest, rheumatism and rheumatic conditions, and anemia. (If you suspect that you're anemic, you should be under a doctor's supervision.) Another indication that you need ferrum phos. is an aggravation of your symptoms when you are in the

open air, as with Diana P. while she was gardening. Also, there is often a rush of blood to the brain, causing giddiness, dizziness, and sometimes even delirium.

Are you a likely candidate for ferrum phos. treatment? First, remember that ferrum phos. is recommended for nearly all problems because of the very important role it plays in carrying oxygen. But if physical exertion tires you easily and your vitality is low, if you have trouble concentrating and dealing with problems, if you have trouble recalling names and are easily irritated especially with yourself if you like to be alone, if you flush easily, then ferrum phos. probably is your remedy.

Women's Health

Jane P. had suffered for five years from nausea and vomiting after eating. She felt a terrible hammering in her forehead and temples, and her sleep was troubled by disturbing dreams. She was given ferrum phos. three times a day one dose before each meal. As is so often the case with women who need ferrum phos., she had also been plagued with an excessive menstrual flow and, interestingly, with toothaches. She was cured of her problems in a few days with ferrum phos.

Ferrum phos. is often indicated for women with problems similar to those of Jane P., and it seems to be a woman's cure (which isn't to say, of course, that men can't often benefit from this wonderful cell salt).

Debbie S., a 15-year-old girl who suffered from anemia, also had terrible neuralgia in her right side. As is typical of problems which call for ferrum phos., her symptoms were worse in the morning. In her case, ferrum phos. produced some relief in the first two days and a total cure in a week.

There are many cases of girls like Debbie S. who have received relief from ferrum phos. Debbie wasn't plagued by vomiting but many people who suffered from her problems and were helped by this cell salt found that unpleasant vomiting was cured, too.

It cannot be merely coincidence that ferrum phos. helps pregnant women. For example, if one of your symptoms during pregnancy is vomiting foods, which leaves an acid taste, ferrum phos. is recommended. As mentioned earlier, Jane P. had this vomiting problem, although she was not pregnant. In another case, Judie L. was only two weeks pregnant when the symptoms that had bothered her for the last four pregnancies started showing up. She threw up constantly. In the last four months of her previous pregnancies, she had had to stay in bed because of this problem. But this time she had a doctor who gave her ferrum phos. four times a day. Within a few days, the vomiting lessened, and in a month it had disappeared entirely. If Judie L. had taken ferrum phos. during her other pregnancies, she would have had an equally easy time with them.

In another pregnancy-related case, a 35-year-old woman, Michelle K., couldn't hold her urine. She suffered mostly during the day, passing quantities of water quite involuntarily. A month after she began taking ferrum phos., she was cured. Nine months later, although not pregnant, she began having the same trouble. Her visits to the restroom were far too frequent. Renewed ferrum phos. treatment cured her problem once and for all.

Interestingly enough, one of the provings of ferrum phos. is a frequent desire to urinate due to bladder inflammation. Ferrum phos. also helps when urine is lost during coughing.

Colds

Whenever you feel a cold coming on, you should immediately reach for ferrum phos. The symptoms that ferrum phos. has created in homeopathic "provings" are similar to cold symptoms: a rundown feeling, depression, a desire to be alone, and vomiting.

Some biochemists believe that a lack of ferrum phos. is often the cause of the common cold. When there is an iron deficiency, the blood is drawn away from the skin and outlying parts of the body so that it can concentrate in important areas such as the heart, lungs, liver, brain, and stomach. The pores of the skin are consequently closed, and there is an accumulation of non-functional matter thrown out by the mucous membranes. This accumulation is the cause of the characteristic discharges of colds, pneumonia, and pleurisy. This is why you should always think of ferrum phos. when you feel the scratchy throat, hot forehead, and runny nose that signal the start of a cold.

Often, people come down with colds when they are tired or discouraged. In these cases, the treatment for the cold happily coincides with the treatment for their depressed feelings. It appears that people have some control over the conditions that allow the cold virus to flourish. The viruses are real enough, of course, and that's the main reason that doctors recommend bed rest for colds.

Obviously, if despite your treatment with ferrum phos. and other cell salts the infection survives for more than a few days, or if your health changes radically, indicating serious complications, you should call your doctor. Generally, however, colds do not develop into pneumonia by themselves. The infections are not the same, and one does not automatically produce the other.

A former head of the Vicks Laboratories once testified in front of a Senate hearing on health that chicken soup, sympathy, and rest were still the best cold remedies. He said that most of the commercial preparations on the market actually make a cold worse if they do anything at all. This expert, unfortunately, did not know about ferrum phos. and the other biochemical remedies for colds, but what he said indicates something about the power of

positive healing.

Simply tell yourself that you will recover soon and you will. Although colds are a nuisance, and sometimes very unpleasant, many people frankly enjoy the attention that a miserable cold will get them. For such people, colds may be a blessing in disguise.

When you get a cold, you might try some of the prepackaged biochemical cold remedies. Numerous manufacturers offer specialized cell salt combinations which treat the symptoms of the common cold and flu.

Loss of Voice

Ferrum phos. is especially recommended for loss of voice or hoarseness due to irritation of the throat. A 52-year-old minister, Tim S., was unable to address his congregation because he had lost his voice after sleeping overnight in a damp room. He took 10 tablets a day of ferrum phos. and was cured in a short time.

Ferrum phos. helps with bronchitis, too. When Louise S. of San Francisco had bouts of bronchitis and even pneumonia for several winters, she tried many remedies with no results. But then she took a biochemical solution that contained ferrum phos. She alternated taking ferrum phos. with taking kali phos. every hour for her exhaustion. After a thorough examination, her doctor was impressed. He said her bronchial symptoms had simply gone away.

Rheumatism

Ferrum phos. is also a biochemical remedy for rheumatism. One morning Mathilda J., a 42-year-old woman, awoke with an acute pain in her right upper arm and shoulder. The previous evening, Mathilda had walked through a damp meadow and had gotten her feet wet. She found that if she moved her arm gently, the pain was not too bad, but if she moved it quickly, the pain was awful. For the next several nights, Mathilda J. was doused in perspiration, and her pain became steadily worse, particularly in wet weather. Her right hand lost all strength so that she couldn't lift anything. At the same time, her doctor noticed that she seemed to be suffering from anemia, so he recommended that she take ferrum phos. Within six days, Mathilda had completely recovered, even though more wet weather was setting in.

Fevers

Ferrum phos. is said to have a great effect on fevers. Cell salt advocates believe that illness is produced by erratic molecular movements rather than by measurable deficiencies, and a fever occurs when the molecules within the body speed up too much. Ferrum phos. tempers the human body to make it less hard and more yielding, more elastic.

It is usually best to use ferrum phos. with other cell salts. You can decide whether it might be needed by studying the symptoms described in this chapter. Some people believe that where ferrum phos. is needed so are certain other cell salt remedies, because of their close connection with it. Kali mur. is one of these co-workers, as is kali phos.

A Good Remedy for Many Ailments

Ferrum phos. is helpful in so many cases that one is almost tempted to prescribe it generally as a preventative of health problems. Just as an example, at an important New York conference not too many years ago, Dr. Garth W. Boericke described ferrum phos. as "the children's antibiotic." It serves best, he said, where there is fever, congestion, and coughing, especially in the young.

Ferrum phos. can be good for digestion, especially if you have intermittent attacks of vomiting. It is sometimes useful in the first stages of peritonitis, when the area is painful to the touch. A patient in need of ferrum phos. is often constipated, which means that if you suffer frequently from that malady, some ferrum phos. would be an excellent idea. Diarrhea can also be involved, especially if it includes blood-stained mucus. Blood in the stool can

indicate a serious problem. If you have blood in your stool, see a doctor immediately.

Part Three

Silica:

A Remarkable Cell Cleanser

Silica is a fascinating trace element. One of the most abundant of the earth's solid components, silica comes from rocks worn down by weather into dust, which is absorbed by plants and becomes the supportive element, or "grit," in the plants just as it is the supportive element in our connective tissues.

Silica is the cleanser and eliminator among Dr. Schuessler's 12 cell salts.

When the skin is not perspiring enough so noxious materials that should be eliminated are not being eliminated, a dose of silica is perhaps the answer. On the other hand, someone who perspires too much and produces an offensive smell should also take a silica tablet. He should find in a few days that he will never again have to worry about the problem.

The effect that silica has on perspiration is a fascinating one. Usually if a person needs this cell salt the bottom part of his body doesn't sweat at all. And the smell is unpleasant especially on the feet. At the same time, this person sweats too much on the upper part of the body. Silica will help this kind of perspiration problem.

Silica is called for in more serious matters, too, such as when the body is trying to throw off white pus in wounds. It is also a potent remedy for many kinds of headache, rheumatism, cataracts, certain kinds of asthma, diseased and cracked skin, and constipation, as well as the resulting fistulas and diarrhea. It is especially helpful for elderly people.

A German study of 27 patients showed that over a period of three months most patients were able to avoid surgery to remove cysts by using silica. The cysts went away totally in 18 cases. In two cases, the silica had no effect so surgery was necessary. In six cases, the remedy helped but wasn't completely successful.

Silica is the recommended remedy for boils and abscesses. It is also indicated for many different psychological problems, because a lack of this essential nutrient directly affects the brain and nerve tissues.

Heat usually makes the ailments requiring silica treatment better. Cold makes them worse. If the weather has been dry and is becoming damp, expect the worst. The periods before and during thunderstorms are usually the worst for patients whose symptoms call for silica. Such patients will usually feel better when they lie down and apply heat. Pressure makes the patient feel worse. Interestingly enough, new and full moons seem to bring out the symptoms requiring silica.

Is Silica for You?

There is a general pattern of symptoms that can be found in the "silica patient." Jessica M., a 58-year-old foreign-born woman, had the typical problems of a person who needs silica. She complained to her doctor of painful indigestion, acidity, sour belchings, exhaustion, depression, and spells of dizziness, which she had suffered from for years all signs of a need for silica. Jessica told her doctor that she couldn't concentrate on anything and that she became easily distracted.

Jessica M.'s doctor looked not only at her current health problems, but at her whole life. He recalled that Dr. Hahnemann, the founder of homeopathic medicine, had stated that psychological symptoms such as depression indicate hidden or latent health problems. In talking with Jessica, her doctor found that she was the youngest of six sisters and had always been cheerful, tidy, studious, and reliable. She had made a bad difficult time in her life, had come to this country as the sole support of her son, and had worked hard for many years to bring up her boy.

Now, however, Jessica M. had become too ill to continue working. The doctor noted that she suffered particularly in cold weather and was often homesick for her native country.

The doctor immediately had Jessica take a single high-potency dose of silica. Twenty days later she returned to him and said, "The first few days after I took this medicine I still felt bad, but then a strange thing began to happen. Although I didn't know why, slowly I began to feel more gay and cheerful, my strength began to improve, and now, for the first time, I feel more sure of myself!" She continued to take silica until her symptoms disappeared.

If you find that you have several symptoms indicating the need for silica, a cure may take a while. This is because silica is a deep-acting remedy. It is slow but profound. The things it cures are often things that have been bothering the patient for a long time, such as itchy skin, acne, dandruff, or splitting fingernails.

Amazing results of silica treatment were reported in the case of Jeremy M., a baby whose mother's milk seemed to be the cause of unpleasant vomiting and diarrhea. Both Jeremy and the mother were given silica and the baby recovered in a matter of days.

Silica is sometimes called the "homeopathic surgeon." Before the development of potent anti-infection drugs, doctors of the last century often relied entirely on silica in dangerous cases. We are not suggesting that your doctor abandon the new anti-infection tools at his disposal, but this shows that silica is not a remedy to take lightly.

Modern homeopathic physicians note the same amazing results with silica that Dr. Schuessler reported in the 19th century. Soon after he described his first case, other doctors throughout Europe noted similar results with this cell salt.

Sixteen-year-old Marie R. was one of Dr. Schuessler's patients. She came to him after other doctors could do nothing for her swollen foot and were ready to amputate it. Dr. Schuessler immediately recognized the need for silica, and he told Marie to take one dose each day. Three months later, the girl walked into his office with her foot completely healed.

Another girl came to see Dr. Schuessler because she was often fatigued and could not think straight any more. For a week, she took silica every four hours in prescribed doses. She was perceptibly better in one week and totally cured the next week.

Mrs. Peggy H., a small, pale, nervous woman, suffered from a toothache so severe that it extended from her jaw to the other bones of her face. Her pains were worse at night than at any other time, and she couldn't sleep as a result. Poor Peggy could not stand to have her teeth cared for by a dentist because of her painful jaw. When at last her doctor, having tried everything else, tried treating her with silica, her pain immediately began to subside. A few hours later, she was able to visit her dentist and have her teeth filled.

Skin, Hair, and Nails

Jack D., who spent many years working around newspapers, had a problem with his hands. They developed cracks at every joint, as well as in the palms wherever there was a crease. Jack had worked for newspapers before he joined the Army, and he went back to newspaper work after he came home from the war. The problem with his hands was a perplexing one, and his employer paid for him to have a series of patch tests to find out what he was allergic to. He went through six months of testing, going back to the doctor's office every week, but he never found what he was allergic to. During the years he spent in the Army, the problem had disappeared. But the minute he went back to working with newspapers, the problem returned with a vengeance.

No doctor could help him. Then, one day, a friend told him about cell salts. She said that she thought that the cure for his allergy was the cell salt silica. Jack tried silica, and within a few days he noticed some improvement. His friend had also suggested that the problem might be ink getting into his spleen, a logical suggestion since he worked in the newspaper business. After this, he did two things. He changed to a new job that didn't require him to be around the composing room, and every time the problem threatened to flare up again he took silica. He claims that

within three days the cracks on his hands started to heal, and within a week they were completely gone.

Pat H. was a woman who never neglected her health. But she experienced problems with splitting nails and loss of hair. She tried several medicines without success and then was advised to take silica. Within three months, her hair and nails had completely recovered and looked better than ever. The results were so impressive that her hairdresser asked her what she had been doing.

Why is silica such a good remedy for the skin? It helps the epidermis eliminate wastes. Because silica hastens the suppuration of wounds and abscesses (bursting pimples and popping blisters are examples of suppuration), it has been called the "biochemical lancet." It was recognized long ago that this remedy sometimes eliminated the need for surgery.

Thus it is not surprising that silica is so useful in so many skin problems, from acne and itchy skin to dandruff and splitting fingernails and toenails. When your skin is dry and brittle and your hands are always chapped, silica is indicated. Be sure that you give this remedy a reasonable amount of time to work. Take a dose two or three times a week for several weeks. Stop the use of the remedy when you see results. Try silica any time you have unhealthy skin with inflammations tending to generate pus.

Arthritis

Silica can dissolve the urate of soda found as deposits in arthritic joints and in cases of gout. The urate of soda is flushed away through the lymphatic system (lymphatic vessels being the intermediary vessels between blood and tissues). When homeopathic silica is taken from seabeds, it is especially valuable for arthritis.

During the centuries on the bottom of the sea, the silica becomes impregnated with valuable trace elements. In some cases, arthritis sufferers who had so much pain that they were bedridden suddenly felt better with silica.

Asthma

The eminent Dr. Dorothy Shephard says that silica is one of the great asthma treatments if it is given in powerful homeopathic rather than biochemical doses. When the asthmatic is suffering from humid asthma, with coarse rattling, a chest full of mucus, and sweating feet, silica can be expected to help.

It has long been known that people who need silica are prone to colds involving the air passages. In chronic cases, the cough can be so persistent that it exhausts the sick person. A warm drink and silica will offer some relief. Let a silica cell salt tablet melt on your tongue and then take your drink.

Psychological Symptoms

One of the long-recognized mental symptoms that strongly indicates the need for silica is a sense of internal sinking. If you feel a strong desire to restore your strength by eating or you have this strange sense of exhaustion and nerve problems, you must take silica.

Dr. Hahnemann first recognized just how important a remedy silica was when he realized that all people who tended to be ill-humored, to have an aversion to work and a tendency to anger quickly, or were excessively excitable, agitated, irritated, or discouraged needed this cell salt. A spotty memory, a general inability to think because of dizziness, vertigo, and headaches in the forehead from noon until evening were also things that immediately tipped him off to the need for silica. A great many people experience these symptoms.

Headaches and Cataracts

Silica is good for a certain kind of chronic headache complicated with nausea and vomiting that usually begins in the morning and settles in the forehead by noon. The head feels as if it were going to burst. Mental exertion, light,

noise and cold air will make these headaches worse. So will moving the head.

Silica is also usually prescribed for cataracts because the lens of the eye contains a relatively high concentration of silica. Naturally, if you have both headaches and cataracts you will want to read what the other remedies can do for them in the following chapters, as well as check out the Simplified Remedy Guide at the end of the book.

Indigestion, Constipation, and Diarrhea

If you have a lot of trouble with indigestion, silica will probably prove a helpful remedy. While indigestion responds well to a homeopathic dose of silica, many of the other salts are also very helpful in solving indigestion problems. For example, you will certainly want to read Chapter 6, The Biochemical Antacid, on natrum phos. As with any condition that cell salts can help, you must study the symptoms well to know which combination of remedies or which single remedy is called for.

Silica is a great help in chronic constipation problems, such as those suffered by Annabelle H. Her stool was often hard and dry and would be only partly expelled, coming partly out and then slipping back into the rectum truly a miserable state of affairs. Annabelle started taking silica twice a day, and her constipation simply vanished. If you have been plagued with this kind of constipation, you should try taking silica in a homeopathic dosage.

Silica is also a remedy for diarrhea. It became known as one of the greatest remedies for chronic diarrhea during the American Civil War. When soldiers became sick from sleeping on the damp ground and eating all sorts of unlikely things which affected their stomachs and bowels, and they had to face long marches from the cold North into the warm South, silica was used to cure a number of their diarrhea problems.

If you are drinking alcohol with any regularity, you're probably going to have to learn to take silica all of the time. Don't count on getting much help from aspirin. Aspirin will provide some relief, but it is harsh on your stomach walls where damage can be done to the digestion process. Cell salts should be able to help overcome basic chemical imbalances that are caused by the physical damage done by alcohol.

The essential function of silica in digestion is to prevent malabsorption of nutritional elements and consequent malnutrition and debility. When, for whatever reason, the connective tissue is affected, it is liable to become inflamed and damage the trophic nerves, the ones that influence nutrition.

The lack of silica in these nerves, caused by the damaged cells (which can be the result of alcohol or disease), can easily produce a condition called chronic sepsis, where poisons enter the bloodstream due to absorption of pathogenic bacteria from the infected area.

Of course, one must face the fact that if alcohol is doing the damage chronic indigestion will result even if you take silica and other cell salts. The essential theory behind biochemistry is that the organic parts of the cell are based on the inorganic salts. When the body is fixing old cells or building new ones, the presence of the cell salts is absolutely necessary. But alcohol destroys the cells so fast that not even with the proper cell salts can you hope to overcome the damage it does. Sores may develop at the corners of your mouth. Sometimes you feel as if there is a hair lying on the front of your tongue. Your teeth and gums can get sore and be plagued with abscesses. Water tastes terrible, and when you drink it you begin vomiting and feel nauseated.

The odor of the flatus is offensive. Diarrhea is frequent and foul. Constipation is hard and lumpy, and you suffer from "bashful stool." Piles inevitably result.

If you have any of these symptoms, check out the rest to see that they fit, and you will probably discover that silica is called for.

To understand why alcohol is so damaging try this experiment. If you have a cut on your finger, put a little alcohol on the spot. Feel how bad it stings. The stomach wall is affected even more by alcohol. Whole patches of it are killed by alcohol. Blood begins flowing to the area to heal it, and the cells of the surrounding stomach wall begin

producing more mucus to protect themselves. The result is a raw, bloody stomach wall, and when you take aspirin to stop the pain, you are adding insult to injury.

Indigestion can mask more serious problems such as heart or gall bladder troubles or even a peptic ulcer. Plain anger and upset can cause indigestion. But, in general, along with taking silica, nat. phos. and the other recommended cell salts, and if you're not drinking to excess, diet is the major remedy both for constipation and indigestion and avoiding the use of laxatives.

Oddly enough, many people's problems with constipation are exacerbated by their use of laxatives. Most constipation problems are due to the modern, refined diet and a lack of exercise. You would do well to double your daily intake of fluids if you suffer from constipation. Laxatives will cause an evacuation, but they will only postpone the next evacuation. The idea is to achieve a smooth and orderly elimination of wastes at whatever is your body's best speed.

Interestingly, the symptoms of constipation include everything from weakness and exhaustion to irritability, bloating, belching and headaches. Doctors are in a quandary as to why these symptoms are connected with constipation; they just know that they are. People who know about biochemical remedies, however, have less reason to wonder.

Another cause of constipation is that since as a culture we regard the whole process of elimination as disgusting people tend to put off "nature's call." Do that a few times and you will have regular constipation. Also, when there are not enough bathrooms for family members, people learn to "hold it," and that habit can create habitual constipation.

Women's Health Problems

Most suppressed menstruation can be helped by silica. One of the indications of a lack of silica is the tendency to abort or even to become sterile. If women have vaginal discharges that are creamy in color, silica will help clear them up, especially when the flow is thick or comes in gushes.

You have probably heard stories of women eating sand during their pregnancies. Their bodies were trying to tell them something. Maybe when you were a child you ate sand at the seashore or even in your own backyard. That could have been due to a silica deficiency. According to Dr. Schuessler, a lack of "grit" can be felt both psychologically and physically. Silica is a major element on this earth, and in biochemistry silica is recognized as a very important health element.

Silica is found in various herbs, such as comfrey, field horsetail and the downy herb nettle. These herbs have often been prescribed for the symptoms for which we recommend silica.

Part Four

Natrum Mur.:

Nature's Cure for Headaches

One of the basic remedies for headaches is probably right on your dinner table: sodium chloride, or table salt. Of course this doesn't mean that if you take a pinch of table salt, you'll stop having headaches. To be effective, sodium chloride must be ingested in tritured doses: the tiny, highly potent doses that we have already described. Even then, sodium chloride or natrum mur. will not eliminate every headache. But for certain kinds of headaches, and especially for certain kinds of people, it can work wonders. It is called for in all headaches as at least one of the constituents of a homeopathic cure.

Headaches

In 1955, in a speech before the American Institute of Homeopathy's 111th anniversary meeting, Sir John Weir, Queen Elizabeth II's physician, and one of England's great all-time homeopathic practitioners, described himself as a classic natrum mur. case. (Natum mur. is the old German term for sodium chloride, still used today in biochemical circles.) In his student days, Sir John suffered from severe headaches, "with blindness in one eye, relieved by phenacetine and caffeine of that time, but they were no cure." The headaches would plague him for months at a time and continued to do so for several years. He later became interested in homeopathy and tried natrum mur. in the 200x dose, which is a higher potency than that recommended by Dr. Schuessler. "The result," said Sir John, "is no headaches in over 40 years."

Sir John believed that the most important symptoms on which to base homeopathic prescriptions are mental, experienced subjectively. He went on to describe the person for whom natrum mur. is a good constitutional tonic. This person becomes irritable over trifles, especially small noises. The sound of people fussing or of a clock ticking can drive him mad. He is intense by nature, sensitive, and prefers to be alone. Music rouses feelings of great emotion. The "natrum mur. person" prefers sorrowing alone, and if a well-meaning, would-be comforter tries offering consolation he is rejected with scorn. A marked symptom is a headache that feels like a thousand little hammers pounding in the head.

This description of the "natrum mur. person" does not originate with Sir John Weir. Hahnemann described these symptoms and others, such as dejection, depression, hypochondria, and tiredness of the brain. "A dull, heavy headache, especially if located in the forehead and temples, often disappears when treated with sodium chloride," he said.

Sir John described the case of a 36-year-old man, who came to him suffering from severe headaches that had been bothering him for years. After taking natrum mur. for three months, he was well. But he also asked if Weir "had intended to cure the bald spot which he had had for several years." Sir John concluded that being treated constitutionally for the headaches had also caused the hair to return naturally!

One should understand that headaches are only symptoms. Aspirin dims the symptom, but it does not solve the problem that is causing it. The cause of the pain is changes in blood flow. Headaches are still not understood very well, like many other ills of modern living, but natrum mur. appears to be a good remedy for modern ills. These ills are often experienced as headaches. Even antibiotics can cause headaches. Stress, fatigue, loud noise, depression, and foods that disagree, such as alcohol, chocolate and cheese, or even an argument with one's spouse can bring on headaches.

Sometimes the best way to handle a headache is to lie down or eat something (often hunger is expressed by the body as a dull headache). However, hypertension and brain tumors can also cause headaches. Some people think that viruses are a big cause of headaches, especially viruses that have been bred on modern antibiotics. Cold also causes headaches (though heat generally doesn't).

L. R. Twentymen, then the editor of the prestigious British Homeopathic Journal, suggested to a homeopathic conference held in Vienna in 1973 that natrum mur. symptoms are "the mirror of our times." Twenty percent of the population suffers from migraines, and this type of headache is common in the natrum mur. personality.

Natum mur. is indicated again and again as the remedy for headaches. A 50-year-old widow, Wendy A., told her doctor she had been suffering from headaches for 22 years. She craved solitude, having been disappointed in love. Her continuing headaches included a bursting pain in her forehead. Her doctor, convinced by these and other symptoms that her need was for natrum mur., issued her two potent constitutional doses the first was 1x and the second, taken three months later, was 10x. This treatment caused her headaches to disappear.

Double Vision

Lydia S. was a teacher who complained of double vision. At times, she said, she could see only half of an object in

front of her. The examining doctor found that Lydia got headaches that were worse in the morning than later in the day, became worse whenever she tried any mental exertion, and were relieved somewhat by sitting or lying down. Her doctor prescribed five tablets of natrum mur. in the Schuessler dose every hour on the hour. Not long afterwards, Lydia S. returned to her class, completely cured of her headaches and double vision.

A Bad Case of Eczema

A New York doctor reported a case in which he treated a bad case of eczema with natrum mur. Although the patient, Israel B., appeared to require a particular homeopathic remedy as his constitutional, the remedy was not helping. So the doctor started taking a personal history of his patient and found that prior to the skin condition Israel's sister had been committed to a mental hospital. Israel began weeping profusely at the mention of this fact. One of the well-known signs of a need for natrum mur. is excessive weeping. This led the doctor to try natrum mur. He says that Israel's condition cleared up in no time at all.

Natrum Mur. and Serious Disease

Natrum mur. is often recommended as a treatment for more serious diseases. A famous English doctor tells how his brother, also a doctor, "had remarkable successes in treating multiple sclerosis" with natrum mur. Charles E. Wheeler, a past president of the British Homeopathic Society, calls natrum mur. "one of the most profound remedies for chronic diseases." It has been a traditional remedy for certain complaints of infants and also in cases of malaria. It both produces and cures certain kinds of anemia, "where red corpuscles and hemoglobin are deficient without profound blood changes."

Although sodium chloride is common to most living things, it is present in a much higher concentration in bodily fluids than in things such as bones and muscles. Sodium chloride's great quality is its creation of osmotic pressure. Osmosis is important, since without it water would lose its life-giving qualities in the body. It is the key to many delicate and important chemical processes in the body. Without osmosis, body cells could not be given the nutrients and chemicals they require, because cells stay in one place in the body. They know exactly the kind of nutrition they need and will reject imitations, but they cannot go hunt for it. The blood must bring the necessary nutrients, and then these are transmitted to the cells by osmosis process controlled by sodium chloride.

The paradoxical powers of sodium chloride are demonstrated by the fact that in homeopathic doses it is regarded as a good antidote to hay fever, yet this same method of treating hay fever also calls for elimination of sodium chloride in the form of table salt from the diet.

Sodium, the element, has an important synergistic relationship with potassium. Some authorities believe that an overabundance of sodium in the form of table salt can antagonize its partnership with potassium, upsetting the body's balance and even causing such troubles as cancer and high blood pressure. Therefore, it is best to limit table salt intake to a reasonable amount, since it can build up in the body over a long period of time and cause various health problems.

The primary indication of a sodium chloride deficiency is either an exceptional dryness anywhere in the body or, conversely, an overabundance of water. If you need natrum mur., you will probably appear bloated, feel languid and drowsy and suffer from chilly extremities. You will most likely have a pronounced craving for salt because even though you may be eating many more times the required amount with your meals, it cannot be absorbed by the body unless it is taken in minute doses.

Heart Disease

A famous British homeopath of Harley Street, who also works in clinics in the poor parts of London, mentions a case confirming the fact that natrum mur. is often a recommended constitutional remedy in heart cases. She had a 75-year-old patient, Beatrice R., who was recovering from a heart attack and was not given terribly long to live. Beatrice was not very happy with the other homeopathic remedies she was being treated with. After she observed

the patient for some time, a picture began to form in the doctor's mind, and she realized that her patient had virtually all of the classic natrum mur. symptoms. She was estranged from her family, but rarely talked about it, hated sympathy, felt the heat too much, was tired and exhausted in the mornings and had a liking for salty foods and sweets. Her skin was sallow and yellow. Her doctor put her on natrum mur. in the Schuessler 6x dose, morning and night. "The progress was almost startling after this," her doctor reported. Beatrice became energetic, started up a daily round of social engagements and generally showed more life. Her heart became stronger, and three years later there still was not a murmur from that vital organ. Beatrice R. felt better than ever; natrum mur. was obviously her constitutional remedy.

Two Co-Working Remedies

Conditions that seem to require natrum mur. may require, in addition, natrum sulph. These two cell salts work closely together in the body. Natrum mur. attracts needed moisture to the cells and regulates the amount of moisture, while natrum sulph. removes excess moisture. When the body needs natrum sulph. instead of natrum mur., the symptoms of wateriness are pronounced.

The Natrum Mur. Personality

People who can be expected to respond well to natrum mur. cell salts can often be recognized by their free, watery discharges, which flow far too easily from the mucous membranes. Natrum mur., however, is also indicated in cases where the vagina is excessively dry. Natrum mur. subjects also tend to be sensitive to light and heat, and they have poor circulation. They are often chilly, and their conditions appear to be aggravated by the seashore. They are often melancholy. Fear of thunder is a symptom. Sir John Weir said that during the air raids in London during World War II, a need for natrum mur. was indicated in cases of shock.

"Natrum mur. people" often suffer from constipation, hard, dry stools which tend to cause anal fissures, and diarrhea, sometimes alternating with constipation.

It is interesting to note that headaches and abnormal fatigue are symptoms caused by excess sodium chloride in the diet in the form of table salt, whereas these same problems often react favorably to sodium chloride in triturated doses. This seeming paradox is nothing new to homeopathy. A homeopathic remedy is proven by observing the symptoms of illness it produces in well people. From these observations, homeopaths can expect the same mineral in homeopathic doses to cure these conditions.

Dr. Schuessler believed that a goodly amount of sodium chloride powder, dissolved in water and applied externally with cotton, was an effective treatment for insect bites. Moisten the bite with a small amount of water and rub a little sodium chloride on the spot. Dr. Schuessler said that the pain would stop almost instantly.

Dry psoriasis will usually clear up in two or three days with natrum mur. in the Schuessler-recommended 6x dose. Constipation is sometimes related to this condition and calls for the 3x dose. Natrum mur. in the 6x dosage has also been suggested for rheumatism (three pills, three times a day), as well as for varicose veins.

Part Five

Natrum Sulph.:

A Miraculous Remedy for Asthma

Sodium sulphate (natrum sulph.), which is produced by the action of sulphuric acid on common table salt, occurs naturally in large quantities in many of the Soviet Union's salt lakes. When it is manufactured, its common name is Glauber's salt; but for use as a cell salt remedy, natrum sulph. is always obtained directly from natural sources.

Sodium chloride attracts water to the body tissues, and natrum sulph. regulates the carrying of water away from the

body tissues. Of course this process has many health benefits, making natrum sulph. a remedy for many ailments including such diverse ones as asthma, diabetes, influenza and old head injuries just because of its powerful influence on the waste-removing process of the body's cells.

Asthma

Natrum sulph. is, in fact, the main cell salt remedy for asthma. Ailments that are aggravated by dampness, fog, and wet weather are "provings" of this cell salt. Asthma is certainly made worse by dampness, fog, and wet weather. Both of us suffered from asthmatic conditions when we were young, and one of us was even moved by his family from foggy San Francisco to warmer, drier Los Angeles because of his asthma. Natrum sulph. would have been a great help in treating these conditions.

A hard, asthmatic cough, with thick expectoration and a constant desire to take long, deep breaths, is a strong sign that you need natrum sulph. In addition, hay fever that comes on during a damp, chilly day or during a hot, humid day is a further indication that natrum sulph. can help you.

Natrum sulph. taken in high doses was valuable in the case of Frederick S., a 10-year-old, shy, intelligent, and restless lad, who had so many attacks of asthma that his family never got a good night's sleep. He suffered an attack every night. The attacks always came at the same time on at 9 p.m. and the other 5 a.m. The first attack seemed to be set off by something after eating or after considerable laughter.

When the problem became intolerable, Frederick S. was given natrum sulph., and within half an hour the attack disappeared, and the family got its first complete night's sleep in ages. At the end of two months, the attacks had disappeared completely. In addition, the child, who had been withdrawn and underweight, became more outgoing, gained weight and took on a healthy color.

In another remarkable case, Ann M., a 23-year-old woman, moved to Cleveland from South Carolina. Small-boned, blonde and usually in excellent health, she began to suffer from asthma and a tight, short cough. This went on for two miserable years. After taking natrum sulph. in a high concentration, she recovered completely in just two weeks. She also experienced better all-around health.

No one knows why natrum sulph. is a good treatment in asthma cases, but doctors have reported case after case where it cured long-standing asthma completely. Perhaps this is due to its ability to attract twice its bulk in water-containing waste products and then remove this waste from the bloodstream. Or possibly the amazing results are related to its incredible ability to heal the mucous membranes. Whatever the reason, consider natrum sulph. your ally if you suffer from asthma.

It is possible that the powers of this amazing remedy are due to the fact that it is a "super" cell salt that is, it works in the fluids between the cells, acting as part of the process that enables the cells to discern what they need in the fluids outside themselves and what substances are harmful and must be eliminated. Natrum sulph. acts as a "sensor" and has the ability to aid the cells in finding sustenance.

Natrum Sulph. in Combination

Natrum sulph. is a good treatment, alone as well as in combination. A biochemical "cocktail" of natrum sulph. and silica is a potent tonic for asthma attacks. The silica will help with the symptoms of the asthma, and the natrum sulph. gets right to the root of the malady. Many of the other cell salts will be helpful in specific kinds of asthma (check the remedy guide in the back of the book for these). Natrum sulph., however, is the number one asthma remedy.

Just how powerful is it? One gentleman, Gene V., was promptly cured of his asthma attacks by taking natrum sulph. during one of his worst spells. His asthmatic breathing had been so pronounced that people could hear him coming from a great distance. Doctors had checked his lungs and found nothing unusual, but the attacks

continued. During a particularly terrible attack, he took low potency doses of natrum sulph. After that the problem improved until he needed only occasional doses. His asthmatic breathing was gone.

In another case, Christine K., 32-year-old woman whose grandmother had died from asthma, and who had suffered from it herself since the age of four, received great relief from natrum sulph. and Medorrhinium, a botanical homeopathic remedy. Christine recovered from the asthma, but her doctor was worried by her mental state. She had many fears of disease, fire, pain, insanity, high places, flying, strangers, spiders, snakes, and other things, and above all she feared spending money foolishly.

She also left her family behind in Denver for days on end, which caused them great anxiety. On one of her peregrinations, she wound up in San Francisco, where she met a homeopathic doctor. He gave her a large dose of medorrhinium, which eliminated her confused wanderings. She returned to her family and subsequently enjoyed life much more.

Asthma aggravated by wet, warm weather is especially likely to be helped by natrum sulph. Helen B., who had an acute case of asthma only when the weather changed, was promptly relieved of her symptoms by taking natrum sulph. When the problem returned two years later, she was again given a large dose and she never had another attack.

Diabetes and Digestion

Diabetes is another disease which natrum sulph. has been successful in treating. Fifty years ago, when insulin was discovered, everyone thought that diabetes was finished as a life-threatening disease. However, diabetics frequently develop fatal side effects, including cardiac failure. Some medical authorities believe that increased dietary intake of sugar is the cause of the dramatic increase in cases of diabetes.

Natrum sulph. can play an enormous role in treating many problems related to digestion, which is why it is sometimes an important treatment in diabetes. It has also been helpful to people with gallbladder troubles. Of course, if you have gallbladder problems, you should not treat yourself, see your doctor.

Influenza

Take the matter of influenza. Natrum sulph. was said to cure the flu by Dr. Charles S. Vaught, who added that excessive catarrh, itching, scabies or eczema are all signs of a sodium sulphate deficiency.

Dr. Vaught himself was suffering from influenza in its earliest stages and "cut it off at the pass" by taking natrum sulph. Other doctors have reported curing difficult cases of influenza by using this remedy. When Bill A., a 26-year-old bookkeeper, went to work one day, he was feeling perfectly well. Then suddenly, at 10 a.m., he became tired and weary. He began to sneeze and his temperature went up. These were all the signs of the flu. Natrum sulph. taken every hour on the hour enabled him to feel better immediately, and he returned to work the next day. One authority on biochemistry suggests dissolving two or three tablets each of ferrum phos., natrum sulph. and kali mur. in a glass of hot water and sipping it when influenza threatens. The doses, in the 6x potency, should be repeated every 30 minutes.

Head Injuries

An interesting characteristic of natrum phos. is its ability to help in cases of head injuries. In this era of busy freeways and city streets, we can easily be involved in accidents that may have long-lasting effects. In one case, Bob R., a second-year medical student, was in a motorcycle accident and suffered severe head trauma, as well as fractures of several ribs and vertebrae. He remained in a coma and was fed intravenously for several months. Finally his doctors decided to perform a very delicate operation to save him. Ten days after the operation, there seemed to be no hope. Then one doctor suggested natrum sulph. in the 200x potency. Within a week after the patient started this treatment, a dramatic improvement began. In just three weeks the patient was conscious. He

could eat, write simple words, converse in a whisper, and read and understand newspapers and magazines.

The hospital where this occurred has since ordered natrum sulph. to be administered in all such cases.

Other Benefits

Natrum sulph. cell salts largely control the action of the liver according to biochemical theory. During a spell of humid, oppressive weather, a few doses of this cell salt will help you to recover from that sluggish, run-down feeling.

A deficiency in natrum sulph. can result in a number of mental symptoms. Irritability, often a symptom of our fast-paced modern life, is the foremost indication of this. Natrum sulph. will yield fast, comforting results, provided that the short temper you have is due to a sodium sulphate deficiency rather than just irritating in-laws or overdue bills. Natrum sulph. is a natural sleeping potion. If you fall asleep late and have restless dreams, if your sleep is unrefreshing, if you find yourself waking too early or too frequently, then a dose of natrum sulph. every hour, beginning a few hours before bedtime, will do what all the patent medicines promise. Moreover, this cell salt remedy is completely harmless. There is no way that you can become addicted to it. When you have taken it for a very short period of time, you will discover that your sleep-related problems will disappear, giving you the refreshed appearance and peace of mind that come with improved sleep.

Also, if you find yourself getting cold in bed at night, especially in the hands or lower limbs, consider natrum sulph. your natural electric blanket.

Feelings of discouragement are another indication that you may need natrum sulph. Most people have a hard time getting started in the morning, but if you always feel depressed and despondent in the morning, think of natrum sulph., which if taken regularly as prescribed here, will bring you a much brighter mental outlook.

Natrum sulph. is also often helpful in cases of gout, and in alleviating pain connected with teeth and dentistry.

Many illnesses for which this remedy is indicated really call for all three of the biochemical sodium remedies: natrum mur., natrum sulph., and natrum phos. You are advised to take a combination of these three cell salts if you are irritable due to biliousness, if you feel suicidal, if you have a headache centered in the top of your head, if you suffer from dizziness, if you suffer from drowsiness, or if you have anxious dreams or nightmares.

Part Six

Natrum Phos.:

The Biochemical Antacid

Sodium phosphate (Natrum phos.) has often been called the "biochemical antacid." It plays this role not only in digestion but also in other of the body's fluids, including the blood. But it is a major remedy for indigestion. If this is your problem, you should also read Chapter 3 on silica. Check the Simplified Remedy Guide as well.

Americans spend over a quarter of a billion dollars a year on medications that promise relief from indigestion. Yet the best advice for those who suffer from indigestion is to change their diet and try the various biochemical remedies, which can't hurt and will most likely help. Many antacids that people take for stomach upset contain bicarbonate of soda, which can cause the formation of kidney stones and recurrent urinary tract infections. The high sodium count of "bicarb" also makes it bad for people with incipient heart trouble or kidney problems.

The next time you are stricken with indigestion, instead of using one of the commercial preparations, eat and drink nothing until the pain is gone. Then try adding clear liquid water, herbal tea, or broth next add bland foods such as toast, rice, mashed potatoes, and the like. Music and meditation can also help, because anxiety produces excess

stomach acid and the excess stomach acid produces indigestion.

Chronic indigestion may mask more serious ailments. If treating indigestion with biochemical preparations and changing the diet don't help, your indigestion may be gallbladder or heart problems, or even a peptic ulcer, masquerading as common indigestion. So, be methodical. Keep a record of your diet, recording the effect various foods have on your indigestion. Also, be sure not to overeat to the point where you're feeling stuffed.

It is now known that the state of one's nerves can have a profound effect on digestion. The digestive function is practically the first thing affected by an agitated mental condition. The pioneer doctor James Tyler Kent always prescribed natrum phos. for patients who were "in a fret from mental exertion" as well as those suffering from "sexual excesses and vices." Kent found natrum phos. most helpful in cases where the symptoms resulted from fasting as well as in cases in which symptoms were relieved by eating, such as headache. Other symptoms that he treated with this remedy included those made worse by cold and the open air and by physical exertion. If you find butter, cold drinks, fats, fruit, milk, sour foods, or vinegar troubling your digestion, take Dr. Kent's advice and try natrum phos.

Indigestion is a very complex problem, intimately connected with your whole nervous system. If you find yourself becoming angry at trifles, easily vexed, anxious at night, not feeling very sociable, or suffering from mental fuzziness, all of these problems could be signs that indicate a need for natrum phos.

The symptoms helped by natrum phos. in cases of indigestion often indicate other health problems.

Why Good Digestion Is Necessary

Physically, digestion (or a lack of it) is central and vital to your health. If you are not digesting your food properly, you can't eliminate properly. Problems such as constipation and diarrhea have an immediate effect on how you feel. Natrum phos. can help you if you find yourself developing an aversion to food you would otherwise like. If you feel "heat" in your stomach, nausea in the morning, and pain in your stomach after eating, natrum phos. is your remedy. It is also indicated if you suffer alternate bouts of constipation and diarrhea.

Even your dreams can be tied to indigestion. If after raiding the refrigerator for a midnight snack, you dream a lot and the dreams are anxious or vivid, natrum phos. will help you sleep more comfortably.

A 50-year-old woman, Beulah P., had been having severe attacks of gastric pain for two years. She vomited frequently. Beulah was given Schuessler dosages of natrum phos., and in two days she could feel the difference. Within a few weeks she was cured.

Milano K., a feverish lad, suffered from a sour stomach. His breath was sour, and his vomitus resembled curdled milk. In addition, young Milano was cross, fretful and restless, as the result of an infection from which he had otherwise recovered. A dose of natrum phos. cured him almost immediately.

A doctor reported amazing success with a patient, Sidney G., who had been suffering from a troublesome burning sensation which began an hour or two after each meal and continued for a long time. He suffered no extreme thirst, and his bowels were regular, but the burning pain was so terrible that Sidney could not sleep. Natrum phos. cured him almost instantly.

Bill C. was quickly cured of chronic dyspepsia. His doctor prescribed natrum phos. after observing that Bill's soft palate was covered with a thick, yellow, creamy coating. In a very short time, a dose of natrum phos. cleared up both the yellow coating and the dyspepsia.

A little boy, Jon N., ate too much candy one day and followed it up with several bananas. Soon he suffered an attack of sour vomiting so severe that he went into convulsions. Natrum phos. brought a speedy cure even to this problem.

Of course, you should take natrum phos., or any other cell salt remedy, only as a part of a conscious attempt to

follow a more healthy lifestyle. If the cells of your body are depleted of vitally needed cell salts, it might take more than the ingestion of the indicated remedy to cure you. The whole theory behind the use of cell salts is that your body can cure itself. The cell salts are merely catalysts.

Sometimes, however, a cure may require a change of surroundings, a happy occupation, good food, vitamins and exercise, regular sleep, and better, effortless evacuation of the bowels and bladder. All of these are things to concentrate on in the event of illness. After these have been attended to, one can begin the administration of cell salts.

A Helpful Combination

Natrum phos. is recommended first in cases of indigestion. But once the condition has been left unattended too long, or has been made worse by the use of patent antacids or other medicines, the general rule of thumb is to combine natrum phos. with natrum sulph. These two cell salts work remarkably together. If you have headaches in addition to indigestion and they are located in the forehead, or if your skull feels "too full," think of natrum sulph. If you have pain in your stomach or your stomach seems full of frothy, sour fluids, once again, natrum phos. will do the trick. Be sure you alternate these two cell salts with doses of ferrum phos. as well.

Back Pain and Rheumatism

Natrum phos. is also useful for some back pains and in all acute or chronic cases of inflammatory rheumatism. Alternate natrum phos. with the other cell salts called for by the condition. Rheumatic pains in the joints, a weak feeling in the legs, cracking and creaking in the joints—these symptoms all call for natrum phos.

The primary indication that you have a rheumatic condition that can be helped by this remedy is a yellow-coated tongue and the other acid symptoms involving the mouth and sweat glands. Dr. Schuessler himself was the first to note the rapid effects of natrum phos. on such rheumatic symptoms. If your symptoms seem worse during menstruation, you may need natrum phos. The point is that the primary role of natrum phos. is the decomposition of lactic acid and the emulsification of fatty acids. It is found in the blood, muscles, nerves and brain cells and many illnesses involving these organs require it.

In many diseases the common factor is acidity of the blood. Cell salts, as you know, operate in the individual cells, and natrum phos. helps reduce the blood's acidity. Natrum phos. is routinely used for such illnesses as gout, stomach ulceration and worms. It helps emulsify decomposed lactic acid which causes pain in rheumatic conditions. However, in most cases of toxic and acid rheumatism, natrum phos. is recommended along with other cell salts such as silica and kali sulph. For rheumatism, one expert recommends using the appropriate cell salts in alternation, three times a day.

In some cases of rheumatism, natrum phos. is called for in conjunction with ferrum phos. Phosphate never occurs in a free state; it is always in combination with other substances. It is found in urine and can be extracted from the bones. It was discovered in Germany in 1673, and its properties of healing have been discovered by many since then. You will find that the phosphates are included in some of the most important remedies in cell salt treatment. They are used as a standard cell salt nerve tonic, among many other things.

Eye Problems

Natrum phos. has long been used for conjunctivitis, an inflammation of the eyelid, and is one of the time-honored remedies for this condition. Schuessler first noted its effect in Nancy S., a little girl who had suffered from conjunctivitis for several years. She had creamy secretions from her eyelids, so Schuessler administered a dose of this remedy three times daily. A week later, her eyes were bright and clear. The reason for this, it is now believed, is that the eyes are particularly sensitive to acid conditions. Natrum phos. is called for in many cases where there is a creamy secretion, for example, a creamy vaginal discharge.

Kicking Addictions

A physician, Dr. X., had a terrible morphine addiction several years ago. He was cured with biochemical doses of natrum phos. For two months, another doctor treated him by administering the natrum phos. under the skin as an injection. These shots were gradually increased as the morphine was decreased. In two months the doctor permanently lost his daily habit.

Preventing Vertigo

Vertigo a feeling of dizziness is a definite indication of a need for natrum phos., especially when it is accompanied by acid-producing gastric problems. Digby D. was a vertigo sufferer who had been plagued with the problem so badly for a number of weeks that he couldn't stand up. He became ill and was doing a lot of vomiting. He was cured with natrum phos. in a week's time.

Other Uses

Other conditions where natrum phos. has been helpful include restless sleeping, an itching anus, eczema, hives and rose rash. An acid/alkaline balance in shampoos has become very popular. Natrum phos. fights excess acidity and improves appearance.

Part Seven

Calc. Sulph.:

A Powerful Healer and Purifier of the Blood

Calcium sulphate (Calc. Sulph.), also known as plaster of Paris or gypsum has been used for years in medicine, primarily for casts, but it can act as a healing agent as well. In minute doses, calc. sulph. is a healer of wounds and works with silica in healing.

Skin Ailments

Since the skin can suffer from many kinds of external wounds, it is good to know that you can look to calc. sulph. as a remedy for these. It is considered a great healer and purifier of the blood. There are also other cell salts that are of particular importance in healing skin problems: kali sulph., calc. phos., natrum mur. and, of course, silica. Kali sulph. is important because its function as an eliminator of waste materials makes it a key to preventing new infection.

Calc. sulph. has been used for years for making casts. Eggshells are made of this material, and farmers use it in soil to improve the color of grapes. But it was the cell salt practitioners who first realized its medicinal value when taken internally. Because it will hold water but tends to resist acid, some people believe that it acts as a protecting influence against fluids when it coats surfaces. It is believed to protect the stomach walls as well as the eyeballs, nasal passages, mouth, throat, bladder and any other organs that need protection against moisture.

When your skin burns and itches or is cracked or ruptured; or when you have liver spots, boils, moist or dry eczema, herpetic pustules or other eruptions you probably need this powerful healer and purifier.

Other Kinds of Wounds

Calc. sulph. is found in most of the body's connective tissues. It is particularly important to the nerves and the bones. It is a powerful ally in helping some variations of rheumatism, for example. However, it is primarily useful in treating problems of the body's various membranes, including the skin. It will even help in other conditions, ranging from diarrhea to colds.

For gumboils, it is the remedy. When Mrs. Marge W. of California developed a gumboil above an upper tooth after catching cold, she took calc. sulph. orally four times a day for two days. The result was an immediate improvement; and when she took occasional doses of this cell salt over the next few days, the gumboil decreased and then entirely disappeared.

As an interesting sidelight, it is reported that a six-year-old girl, Dora C., who was also suffering from a gumboil, was given 125 tablets of calc. sulph. in the 3x dose. The tablets should have lasted little Dora ten days, but because they were sweet she took the entire bottle in just three days. She was not only cured of her gumboil, but also of the ulcerated tooth that was the cause of the gumboil!

This healer is generally recommended when the insides of your lips are sore, if there are raw sores on your lips, and when your gums bleed during routine brushing.

If matter forms on the heads of pimples, pustules, or suppurating scabs whenever a sore is discharging pus the wound is at the stage where calc. sulph. is needed. Usually this remedy is used in conjunction with silica since silica is the biochemical "surgeon." Calc. sulph. is also given for herpes eruptions and when the soles of the feet are itching. In fact, you should not generally take calc. sulph. until after you have used silica. Doctors believe that silica promotes the formation of pus in wounds and calc. sulph. acts from that point on in healing them. It will actually stop a wound from discharging pus if it is given early enough, but when this is not possible silica should be used before calc. sulph.

Infections

A good example of the use of calc. sulph. is found in the case of Barbara B., a 16-year-old girl who had a severe pain in her left middle-ear. Knowing that an infection was the culprit, her doctor gave her some calc. sulph. in powdered form. After two days of dissolving it in a glass of water and then applying it to the area with a cotton swab, Barbara found that the pain was gone. The infection had actually been stopped before suppuration began.

Calc. sulph. has been prescribed by doctors when antibodies have failed to clear up cases of fever and infection. Before the development of antibodies, both silica and calc. sulph. were widely used in treating wounds. A woman from Indiana, 30-year-old Helen C., had had an abscess in her right armpit for two years. So much pus was being discharged that she kept a large roll of cotton in place to absorb the discharge. No doctor had been able to help her until she visited a cell salt specialist. Since her wound was chronic, the doctor gave her calc. sulph. in the 6x potency. It took a few months for the wound to heal, but calc. sulph. finally did the job.

Not all troublesome wounds are, of course, external. Some of the worst are internal. Both sinusitis and bronchitis and their discharges will often respond to calc. sulph., especially if the discharges are thick or lumpy. Naturally, you shouldn't attempt to treat your infections with silica and calc. sulph. alone, without anti-infection drugs, but all of us know that infections often linger, and nothing a doctor does seems to help. That is the time to take, in addition to what your doctor recommends, either silica or calc. sulph., as indicated by your symptoms.

When you have bronchitis, effective treatment will often call for more than calc. sulph. The handy remedy guide at the end of this book describes which symptom calls for which remedy, but in many ailments the first thing you should take is the cell salt ferrum phos. Calc. sulph. is primarily called for when the bronchitis involves unpleasant discharges, especially discharges mixed with blood. Again, however, the best idea is to use the cell salts in conjunction with advice from your doctor, whether or not he specializes in cell salt treatments. If you are discharging blood, see a doctor immediately.

The Common Cold

We all know, of course, that doctors and scientists have yet to find a cure for the common cold. It is, therefore, best to study all of the cell salts and note where each is called for when you are suffering from a cold. If you have a cold in your head, for example, you may have the same sort of discharge that is produced by bronchitis. Calc.

sulph. is indicated for this sort of discharge, and regular doses will clear up the mucous membranes.

Remember, whatever the ailment, if it produces pus, try calc. sulph. as the remedy. If your eyes are inflamed with discharges of thick, yellow matter, try calc. sulph. Many eye ailments respond to it.

Take the case of Michael C., a farmhand who had been struck in the eye by a piece of wood. His sight was badly impaired by resulting conjunctivitis, and the cornea of the injured eye was dim. Michael felt a burning pain in his eye and experienced a constant flow of tears. He took ferrum phos. to treat the pain and the tears, but his sight did not improve. Finally, Michael was also given calc. sulph. in three different doses. Within a week he was able to see some light with the injured eye. The cornea was less cloudy. His doctor kept giving him calc. sulph., morning and night, and in three weeks Michael C.'s sight was back and the conjunctivitis completely cured.

Blood Purifier

Cell salt practitioners believe that calc. sulph. is a powerful blood purifier. It destroys worn-out red corpuscles, and is a constituent of almost all connective tissues. When a person suffers from a lack of calc. sulph., diseases of the body membranes, catarrhs, and skin ailments are likely to result.

Calc. sulph.'s role as a blood purifier is believed to be carried out primarily in the liver, where red blood cells that have finished their life cycles and are now waste must be destroyed. If you have an insufficient amount of calc. sulph., your liver will become overloaded with worn-out red blood cells; cell salt theorists believe that this is the beginning of many skin eruptions. Calc. sulph. often eases this situation. Acne responds well to calc. sulph. taken with kali mur. Varicose ulcers are a symptom of a lack of calc. sulph. The application of calc. sulph., in doses of 6x at least three times a day, can be very helpful.

Because of its role in blood purification, calc. sulph. is also used along with natrum sulph. in the treatment of kidney diseases.

Calc. sulph. heals by building tissues. When it arrives in an area in which it is lacking, it lays the groundwork for rejuvenation by attracting other vital cell constituents.

Calc. sulph. has also proven useful, as mentioned earlier, in ear infections. It can also prevent sore throats and colds if they are caught early enough. At the first sign of these health problems, reach into your medicine chest and dose yourself with calc. sulph. in the 6x potency at least three times a day. Too much can't hurt, but too little, or none at all, might well mean that you will be laid low by a debilitating cold.

Andrea R., two years old, had been in a hospital plagued by a croupy cough that no medication could vanquish. The cough had come on when she had been exposed to a cold wind and subsequently had thrown her bed covers off. The choking and rattling in her chest were especially bad at night. One high potency dose of calc. sulph. cured her right away.

Other Uses

The use of calc. sulph. is almost always indicated in ailments of the pancreas, liver, and kidneys, for reasons that should now be readily apparent.

Homeopathic doctors have generally found that calc. sulph. (as well as mag. phos.) is one of the most valuable remedies for counteracting the bad side effects of coal tar drugs such as aspirin. It is believed by some homeopathic doctors that aspirin, while it may numb the pain, gradually destroys the chemistry of the bloodstream, leaving the body weakened and open to disease.

Because of its role in protecting the stomach walls, calc. sulph. can help stomach ulcers by coating the surface of the stomach. Women who want to have children but have been unable to become pregnant have been helped by

this cell salt remedy. If your complexion is yellow or pasty, you should take calc. sulph. over a long period of time at least a few months. The results will be worth waiting for. This remedy can even help some kinds of anemia.

One of the prime indications of a need for calc. sulph. is a burning sensation. People with burning feet are sure candidates for this blood-purifying remedy.

If you like the open air but are sensitive to drafts and catch colds easily, calc. sulph. may have more to offer to you than to someone without these symptoms. If you are overly sensitive to heat and cold, you probably need this remedy.

Here are some other indications that you may need this healer and purifier. If you have strained muscles from too much work and you have a sensation of heat surging through them, calc. sulph. may help you. Pain in the bones that is made worse by standing indicates a need for calc. sulph. If you are sick in bed and the warmth of the room makes you uncomfortable so that you push off the covers, try calc. sulph. Do you become angry easily and then feel weak when the anger has passed? Do you worry about your heart, or your health in general, but feel better after taking a walk? Walking is one of the best things you can do to help your body, so take a walk and try some calc. sulph. If you are easily confused, shy away from company, find your moods changeable, or worry excessively, you may be helped by fresh air and calc. sulph. If your sleep is filled with nightmares, you suffer from terrible fears and your mind becomes feeble when you need to think, you are easily insulted and quarrelsome, or you are depressed in the morning but mirthful in the evening, you may be helped by calc. sulph.

Chronic headaches and occasional headaches have been cured by calc. sulph., especially those that come on in the morning. The underlying similarity among these headaches is that open air seems to help them.

Women who get headaches just before and during menstruation will be helped by calc. sulph. Double vision is one of the homeopathic provings of calc. sulph. and can also be cured by the remedy.

We have mentioned that you should use this cell salt when you feel a sore throat coming on. More particularly, if you experience redness and swelling in the throat, a sensation of tightness in the throat, excess mucus, and a pressing pain when you swallow, you probably need calc. sulph. There is also often a sudden, ravenous appetite or, paradoxically, no appetite at all. There may be an aversion to coffee, meat, and milk or a desire for fruit, cold drinks, sweet or salty foods, or any liquids because of a terrible thirst.

Another use of calc. sulph. is to help in treating constipation and diarrhea, in certain chronic conditions. In cases of anal fistula, insufficient or difficult stool, or diarrhea in the morning or evening, calc. sulph. has been proven an effective treatment. The greatest homeopathic authority since Hahnemann, J. T. Kent, says that calc. sulph. is especially helpful for children with diarrhea when the stool is bloody and dry or whitish-yellow. A pediatrician should be consulted if such conditions persist, but you might try this remedy in conjunction with his suggestions.

Kent also says that this remedy is a valuable remedy in the treatment of curvature of the spine, when it is difficult for a person to sit up. He specifies its usefulness in treating restless sleep caused by anxious and frightful dreams. In such cases the desire for sleep comes early, but the patient wakes up about midnight. After three or so in the morning, anxious thoughts keep the patient awake. If you suffer from these symptoms and experience a shaking chill that begins in the feet, then calc. sulph. is your remedy.

Part Eight

Calc. Fluor.:

A Natural Producer of Suppleness and Elasticity

The cell salt calcium fluoride (calc. fluor.) can help treat a wide variety of health problems, from piles and varicose

veins to obstinate backache, gout, and anal problems, such as itching and fissures. And that's just the beginning. There are many other problems that this cell salt remedy can help treat, including psychological symptoms such as a groundless fear of money troubles. Calc. fluor. can help you if you are indecisive about little things, which aren't very important but cause you to worry anyway.

Calc. fluor. is a chemical union of lime and fluoric acid. This union produces a remedy with healing powers demonstrated by neither of the constituents alone. As with other cell salts, calc. fluor. is often more helpful when it is taken along with other cell salt remedies.

Calc. fluor. is useful in treating many ailments of the bones and teeth. Many experts blame the unusual amount of dental ailments seen in Americans not only on poor diet, but also on a lack of calcium. There is, of course, calcium in milk and milk products, but there are indications that pasteurizing affects this calcium adversely.

Calcium fluoride is a constituent of the surfaces of bones and the enamel of teeth. It is also a prime ingredient in elastic fibers in the body, which means it will often be of importance in treating diseases of the skin and the blood vessels.

Hemorrhoids and Heart Trouble

Because calcium fluoride is a prime ingredient in your body's elastic fibers, it is useful in treating ailments such as varicose veins and hemorrhoids. Hemorrhoids often occur when blood vessels become enlarged and lose their elasticity. Calcium fluoride's role in restoring good health is its ability to maintain elasticity of the tissues and restore this elasticity where it is lacking.

People with heart trouble can find a great deal of relief with calcium fluoride. A dose every 15 minutes or so is advisable if pain is acute. Of course, serious health problems such as this should be under a doctor's supervision. Sensitive teeth may need calcium fluoride. Strained muscle tendons will also respond to this remedy. Both ailments can be treated with the remedy dissolved in water and applied externally with a cotton swab or taken internally in tablet form. Calc. fluor. can also be of great help in cases of vomiting (although you should use natrum sulph. or natrum phos. instead if the vomit is green or sour-smelling). If your urine has an unpleasant smell, calc. fluor. will help.

Calcium fluoride has even been recommended as the cell salt remedy for obesity, to be taken an hour before each meal in alternation with calcium phosphate. The idea is that these two cell salts will aid in the assimilation of starches and fat in the meals. Cutting down on these items is also helpful, of course.

Calcium fluoride is a potent remedy that can help treat many of your health problems arising from lack of elasticity in the tissues. Let's get down to the specifics of what some of these problems are and how people have been helped by this cell salt.

Bone Health

As mentioned, calcium fluoride is often helpful in treating bone problems. A fascinating case was reported by a doctor who had a friend who had purchased a pedigreed yearling, "for a small price considering its magnificent pedigree." The doctor felt the horse was worthless with bad ossification around the lower joints and malformed, bulging hoofs.

The horse was given calc. phos. to treat these problems, but nothing happened. Then the animal was given calc. fluor. in the 30x dose once a month for three months. The doctor then gave the animal no treatment for three months, after which the calc. fluor. was resumed for another four months. In that time, the horse recovered and became quite well. One of its forelegs was greatly improved, as were its feet. Within two years the animal was sound and normal, and it went on to win prizes in steeplechasing. It was determined that its bone problems had

been due to overfeeding, and the doctor was impressed by the amazing results of the calc. fluor. in remedying the situation.

Presumably, the readers of this book are not yearlings with bone problems, but they can take note of the implications of the story. Calcium fluoride can be helpful in numerous matters involving bones, joints, and muscles. It is almost always prescribed, for example, for enlargements of the finger joints due to gout.

Backache

If you feel that your spine is being irritated or if you feel pain or fatigue in your lower back that is accompanied by a full feeling and confined bowels, take calc. fluor. in the 6x dose at least every half hour. It is helpful to dissolve a pill or two in a glass of water and have someone sponge the affected area with the mixture.

Robert R., a 29-year-old plasterer, was having severe backaches, sometimes in the late morning and other times all night. He was at a severe disadvantage in his work because he couldn't stand to reach above his head for any length of time. If he did, he felt as if his back were going to break. His doctor prescribed doses of calc. fluor. alternating every four hours with natrum mur., and he took these remedies for two weeks. He said he began to feel better after only two or three of these doses, and the chronic condition was entirely gone after a few weeks of treatment.

Varicose Veins, Hemorrhoids, and the Blues

Varicose veins and hemorrhoids are two problems that calc. fluor. is famous for curing. You might find that these ailments go together. When they do, the afflicted patients have been described by doctors as being "calcium fluoride cases."

Take the case of a 55-year-old woman, Beverly E. She was a large woman, and the mother of five. She suffered from painful varicose veins on her legs and vulva. The veins on the lower part of her legs actually stood out like ropes. She was not a happy person. Beverly E. was just plain depressed. Damp, chilly weather did not agree with her. Her doctor had tried several remedies without success. Finally he tried calcium fluoride in the 30x dose, followed by a variety of potencies over a period of two years. From the first doses of this remedy, she began feeling immediate relief from the pain of her varicose veins. Most important, she began to feel better psychologically. She stopped worrying about money, and damp weather no longer depressed her.

Gertrude S., a thin, weak, 42-year-old office worker had lumps in her breast and a terrible rectal fistula. Her doctor had operated twice on the rectal fistula, but it was still painful and it still discharged. At the first sign of cold weather, all of her problems seemed to worsen. Needless to say, she was very unhappy. She suffered from nervousness and dizziness, and her work simply overwhelmed her.

Her doctor realized that something had to be done. He decided to give her calcium fluoride in low doses every three to four hours and later to increase the potency steadily. The woman first saw an improvement in a sinus condition she had. Then she experienced lessening of the lumps in her breasts. Then the rectal fistula completely disappeared! She felt better than ever, put on some weight, and became optimistic once again.

Piles are caused by irritation of the lower intestine resulting in distention, often as a result of constipation. Rectal fistulas frequently develop when piles have gone too far. To treat piles, apply calc. fluor. directly with a cotton swab. Dissolve some tablets in a small amount of water and dip the applicator in the water. You should also take calc. fluor. internally. In serious cases, such as when the pain of varicose veins becomes so intense that the patient can no longer stand, doctors have given calc. fluor. tablets every two hours. This cell salt has also proven effective in treating problems of the vulva.

If you are suffering from irritated piles, it is a good idea to use calcium fluoride along with kali sulph. If your piles are bleeding, take ferrum phos. For hemorrhoidal conditions, take the calc. fluor. in a 6x potency before meals.

Calc. fluor. can also be dissolved in water and applied as a compress to the anus, held all night with suitable bandage. In the case of varicose veins, use silica along with the calc. fluor., morning and evening.

Diet and Hemorrhoids

If you suffer from hemorrhoids, although you can expect help from calc. fluor., the most effective action would be to eliminate the basic cause of your problem: poor diet. Intelligent eating to avoid constipation has been mentioned earlier. Processed foods are the main villains in constipation. Calc. fluor. will help when your problem arises from your digestive organs losing their elasticity but the reason that these organs lost their elasticity should also be considered. Calc. fluor. is useful in constipation involving a chronic inability to expel feces. Sometimes constipation arises from nerves, and calc. fluor. is also effective in restoring high spirits.

A woman from Indiana, Mary S., had been in bed with sore, painful, bleeding piles. For three weeks, her doctor had tried various medical treatments, all to no avail. Three tablets of calc. fluor. every three hours cleared up her problem quickly.

In another case, a 28-year-old man, Norman R., had bleeding piles accompanied by a chronic inability to expel the feces. He tried taking calc. fluor. and kali mur. in alternation every four hours, and after a few weeks he was completely cured. His doctor also prescribed an ointment of calcium fluoride and petroleum jelly, to be applied directly to the rectum every night.

Calcium fluoride has also been known to help people plagued by nightmares. Other psychological problems that can be helped by this powerful remedy are an inability to express yourself and the feeling that you can't think. If you find yourself at a loss for words and in conversation hesitate and repeat yourself, if you feel you have "cobwebs on the brain," this cell salt can do you a lot of good.

Eyes and Teeth

If your mouth is always dry and your teeth are deficient in enamel, which leads to rapid decay, calc. fluor. is indicated immediately. When your teeth are loose in their sockets, this is the remedy to use, and don't lose any time using it. Take calc. fluor. in the 6x potency before meals and calc. phos. after meals in the same potency. Some doctors indicate this remedy for children with delayed dentition.

Another use of calc. fluor. is in treating certain kinds of eye problems. Eye problems should usually be treated with a variety of cell salts for the different symptoms. Check the simplified remedy guide at the end of this book for other cell salt remedies. Calc. fluor. is the main remedy if you see sparks or flickering lights before your eyes and in cases of spots on the cornea, conjunctivitis, and cataracts.

Doctors have reported that calc. fluor. in the 6x potency has stopped itching on the surface of the eye and has helped when the wearing of glasses all day has made the eyes water and created a sensation of air blowing on the eyes. In addition, one doctor reported that in 13 cases of cataract, 11 were cured with regular doses of calc. fluor.

Other Important Indications

Calc. fluor. is usually the remedy suggested for people who constantly vomit undigested food or who suffer from hiccups. It is also suggested in cases of asthma where the mucus coughed up contains tiny yellow lumps. It is excellent for chapped skin, cracks in the skin, fissures in the palm of the hand, brittle fingernails, some kinds of eczema where the skin thickens and hardens, especially in damp weather, and suppurations with hard edges. Use this remedy externally together with petroleum jelly after washing the affected area well.

Calc. fluor. is often prescribed if the menstrual flow is too thick, and this cell salt seems to be of great value in many feminine problems. If after a miscarriage the uterus loses muscle tone, calcium fluoride is needed. In cases where menstruation is not only excessive but is also accompanied by bearing-down pains and flooding, it can also help.

In general, ailments requiring calcium fluoride are affected by the weather, as was previously mentioned. The sufferer tends to be sensitive to cold, drafts, dampness, and changes in the weather. Heat and warm applications also help. Frequently, you can detect a need for calc. fluor. simply because you are sad or miserable.

Calcium fluoride is to elastic tissues what silica is to the connective tissues, and it is regarded as the complement of silica. In many cases these two remedies should be used together, or one can be used when the other fails.

Part Nine

Calc. Phos.:

The Nutritional Cell Salt Remedy That Will Make You Feel Good All Over

Phosphate of Lime (calc. phos.) is a major chemical constituent of the bones, and it is also one of the major cell salt remedies. It is given for its restorative powers after acute diseases and infections. In addition, it is specifically called for in all bone problems, as well as in many kinds of anemia, because it builds up new blood cells. It is very important in general nutrition as well.

Calc. phos., as a nutritional cell salt remedy, is one of the first cell salts to take if you are generally run-down. It is the primary remedy for children who are not developing properly.

Calcium phosphate operates in an interesting manner. When symptoms indicate a need for one of the other cell salts, it is often advisable to take calcium phosphate also. This is because it tends to intensify the action of other cell salts promoting healthy cellular activity and restoring tone to weakened organs and tissues. Calcium phosphate is a main constituent not only of the bones but also of all of the cells and fluids in the body. It is interesting to note that calcium phosphate is a main ingredient in the most productive soils; the gardener who is not familiar with calcium phosphate is a poor gardener indeed.

This remedy can be very helpful for people who catch colds easily. If you are one of this unfortunate group of people, take one dose a day of calc. phos. and you will soon find speedy relief even during cold weather.

The Importance of Good Nutrition

If you are taking this cell salt remedy because of digestive or nutritional problems, it is wise to combine its regular use with an intelligent approach to nutrition. After a change to a more healthful diet, you will be amazed at the improvement in your health. Calc. phos. can aid tremendously in your digestive processes, but no remedy can completely counteract the effects of a deleterious diet.

From many years of experience, cell salt practitioners have discovered what eating habits the people who probably need calc. phos. have. If you find that you have an unusual craving for salty bacon or smoked meat; if cold drinks, ice cream, and fruit seem to cause diarrhea; if eating causes stomach pains; if you have a gnawing, empty feeling in your stomach even after eating, consider yourself a likely candidate for calc. phos.

Taken along with calc. fluor., this remedy has produced happy results for people suffering from obesity. This is because one of the problems that it can cure is a ravenous appetite, especially when it strikes before dinner.

Indigestion

If you suffer from indigestion, a dose of calc. phos. should be taken after every meal. It will help break up the food and promote healthy digestion. It will also help when there is an accumulation of gas.

Quite often, the person who needs calc. phos. is tall, thin, listless, without ambition, and suffers from low spirits. Why does calc. phos. work so well in such cases? The answer is that a shortage of this mineral results in a shortage of red blood cells. A low red blood cell count, in turn, affects the bones, since red blood cells make up part of the

marrow of the bones. Anemia, for example, almost always calls for treatment with calc. phos. as well as ferrum phos.

Other Uses

April B., a 17-year-old girl, suffered so much from anemia that she could do nothing more than lie around the house. She had no appetite. In addition, she exhibited two classic symptoms of calc. phos. deficiency. April had headaches, and her menstrual periods were irregular sometimes she didn't menstruate for months. She had suffered like this for a long while. After taking both calc. phos. and ferrum phos. for three weeks, she was well enough to continue her studies, and the color returned to her cheeks. April B.'s case is not uncommon. Calc. phos. has helped many teen-age girls because it combats female disorders. A common application of the cell salt remedies in cases of female disorders requires a couple of weeks of treatment with calc. phos. followed by treatment with ferrum phos. The two remedies should be alternated as long as the conditions persist.

Quite often, those who have a calcium phosphate deficiency will have a waxy pallor to their skin. They suffer, as did April B., from headaches, often characterized by a cold feeling in the head. They may also suffer from vertigo when walking. Watching television may cause headaches in these people.

Calcium phosphate will sometimes help people suffering from colds. Take the case of Heather E., an 18-month-old child who had a short, irritating cough. She had been under the care of a pediatrician for some time, but nothing he was able to do helped. Her parents finally tried a doctor who practiced exclusively with cell salts. He quickly recognized Heather's symptoms as indicating a calcium phosphate deficiency. After three weeks of treatment, Heather's cough disappeared. More important, she showed a wonderful tendency to better general health.

Women's Health and the "Pill"

Calcium phosphate is useful for many disorders connected with sexual organs, primarily in women. Said Schuessler: "When the suppression of the menstruation arises from anemia or from faults in the diet, then calc. phos. is instrumental in bringing on the period." Schuessler's description seems amply illustrated by the case of April B. Calcium phosphate can also be used in cases where girls are too young to be menstruating and where women have passed the menopause.

One homeopathic doctor has seen numerous bad side effects from the birth control pill from weight gains or weight losses to a malfunctioning thyroid. The Pill can cause changes in the breasts, he believes, and unpleasant emotional effects often result. He says when a patient has taken the Pill for many years, she often loses the ability to menstruate when she stops taking it. This doctor recommends calc. phos. in Schuessler doses for women who have stopped taking the Pill. (He also administers two botanical homeopathic remedies in alternation Pulsatilla in the 3x potency and Senecio in the same potency.) Calc. phos.'s main role is in restoring normal menstruation when women have been taking the Pill for a long time and then stop taking it.

Suzette W., a 31-year-old woman, had been on the Pill for four years and was plagued by irregular periods. She took several homeopathic remedies but got the best results with a single high dose of calcium phosphate. A week after this dose, her period began, and she has been regular ever since. Her doctor treated several of his women patients with similar results. Women find the suspense as well as the discomfort of irregular menstruation unpleasant. Calc. phos., however, has been shown to remedy this problem.

Teeth and Bones in the Young

One of the body's greatest needs is calcium, yet the modern diet is deficient in this mineral. Much of the digestible calcium in milk is destroyed by pasteurization. One prominent dentist who uses homeopathic remedies tries to get his patients to cut out refined sugars and starches. He also suggests that they take four to six bonemeal tablets each day. Two calcium cell salts calc. fluor. and calc. phos. are also highly recommended. He also advocates a healthy diet of whole grains, fresh fruit, and not too much beef. He says that an individual hair analysis can determine whether your need for natural enzymes, vitamins, and minerals is being met.

Calc. phos. is the primary cell salt remedy for children whose head bones are slow in forming or who seem to be slow in developing mentally as well as physically. It has also been recommended for older people who have trouble rising from a sitting position. This remedy is valuable for both old and young.

Children who need this remedy often have poor memories and bad tempers. They are often thin or even emaciated. They also tend to complain of muscle pains, especially in the left side of the body. Their teeth often appear to be very soft, and dentition is delayed. Their upper lips are frequently sore and painful, as are their tongues. They also have trouble with digestion and elimination.

Calc. phos. can also be helpful in mouth disorders such as sore throats and tonsillitis. Mark S., a five-year-old boy, had all the symptoms of a calcium phosphate deficiency. He was thin, delicate-looking, and quite tall for his age. He had problems with his hearing, and all of his symptoms were worse when he was exposed to fresh air and damp weather. His throat was so sore that he wouldn't let a doctor examine it. After he took calc. phos. by mouth for three days, his soreness started disappearing. His tonsils, which had been swollen and red, started recovering. In three weeks, Mark's hearing problems were gone, and the swelling had subsided completely.

The best known use for calc. phos. is in treating teething problems related to poor nutrition and slow development. A seven-month-old baby, Rochelle N., had gums that were terribly swollen. She had no teeth yet and was fretful and feverish. Her doctor prescribed calc. phos. to be taken every two hours and also left tablets of ferrum phos. to be given in alternation. In 10 days, little Rochelle had four teeth and had also improved in every other way. The doctor suggested that she be given calc. phos. as a constitutional remedy throughout her growing years.

Eighteen-month-old Jim M. had cut only a few teeth and was thin and poorly nourished. He was given calc. phos. three times a day for 10 days along with cod liver oil. Three months passed before the doctor saw Jim again, but in those three months the child's whole appearance had changed. His teeth were coming in, and he looked much better. Since dentition was still proceeding rather slowly, the doctor kept his patient on a strict regime of calc. phos.

Doctors often prescribe calc. phos. for pregnant women, especially those who have had trouble carrying children to term in the past or who seem to exhibit the classic symptoms of calcium phosphate deficiency.

Calc. phos. is not only the chief cell salt remedy for children, it can also work miracles in dealing with the problems of the old. Many old people find that taking this remedy regularly keeps them feeling better. Calcium phosphate is especially indicated for rheumatism that is aggravated by night air, bad weather, and changes in the weather. When joints are bothered by cold, numbness, stiffness, or just plain aching, the best treatment is calc. phos. and ferrum phos.

Other Indications

As a nutritional aid, calc. phos. deals with ailments that arise from malnutrition or poor diet, and it is important to remember that even if you eat correctly, or think you do, you may not be getting all of the benefits of your diet without this remedy. Headaches can be caused by a lack of calcium phosphate. When the head is terribly sensitive or is throbbing and burning, try this remedy, especially if your headaches are accompanied by symptoms of rheumatism.

Calcium phosphate is also recommended when you feel chilly, when you have a pain in the liver, and when there is a soreness aggravated by eating or motion. Sinking sensations in the abdomen, as well as problems with digestion, call for this remedy. Often, patients with a calcium phosphate deficiency have a large, flabby abdomen even when they are generally thin.

You will find that if you suffer from constipation and hemorrhoids that bleed and itch, calc. phos. will help if you take it along with the other salts that may be indicated. If your bladder seems to be weak and you must urinate frequently, calc. phos. might help. Kidney pains also indicate the need for calcium phosphate in some cases.

Back pains may yield to this remedy, as will gouty joints and extremities that act up in cold weather. Rheumatism in the ankles and stinging or shooting pains in the toes are still more indications of a need for calc. phos.

If your symptoms include an inability to sleep late in the morning even though you are still sleepy when you awake, or if you suffer from overly vivid dreams or nightmares (especially in the cases of children), you are probably a subject for this remedy.

A "creeping" sensation of the skin, along with coldness and numbness of the limbs will often yield to the effects of this powerful cell salt. Generally speaking, calcium phosphate is also a recommended remedy in all cases of convalescence or debility. When broken bones, for instance, are slow to mend, calcium phosphate is a recommended remedy. A good indication that calc. phos. will help is when parts of your body feel as if they are asleep or if your hands and feet feel clammy.

Trembling in the calves and looseness of the bowels, are signs of a need for calcium phosphate, the nutritional remedy. Sometimes it can help prevent recurrent attacks of bronchial asthma. Highly colored urine can also indicate a need for this remedy.

In general, cell salt practitioners believe that nearly all bone diseases not the direct result of injuries are due to a lack of calcium phosphate. They are convinced that calcium phosphate will give solidity to weak or soft bones. The healing of fractures will be aided by this remedy, as will the healing of afflictions such as curvature of the spine. Backache in the lumbar region on arising in the morning can also be cured.

Cell salt practitioners also see a positive role for calc. phos. in preventing the progress of cataracts, especially when they are accompanied by right-sided headaches and eye pain. A sure sign of a need for this remedy is when the eyes feel stiff and weak.

People with constant colds and catarrhs will find calcium phosphate an effective antidote to such problems, especially when the nasal discharge looks like the white of a raw egg.

In older people, calc. phos. will help cases of constipation, especially when it is accompanied by depression, vertigo, and headaches. When the bones around the ear hurt or ache and there is a cold feeling to the outer ear, calc. phos. is required.

Mental Problems

Calc. phos. has also been used by doctors to help patients who are suffering from unpleasant mental states. When children are fretful or peevish, when the memory is poor, when there seems to be an incapacity for concentrated thought, assuming other symptoms agree, this remedy can help.

One interesting case in Los Angeles concerned a 26-year-old man. Howard S. was mentally deficient, but he had several normal brothers and sisters. He lived with his mother. He regularly suffered from nervous spells, during which he would tear his clothes. He was often fretful. His doctor prescribed both calc. phos. and mag. phos. in 3x doses, to be alternated once an hour. After a month of taking the two cell salt remedies, Howard seemed happier and quieter. He began to follow his mother around as she did housework, quite interested in what she was doing. After two months of his cell salt regimen, his intelligence actually seemed to be developing. His interests increased, and he helped his mother with the housework.

After a while, he began working with his brothers, who were carpenters, performing simple tasks such as carrying boards. Eventually, he was able to hold down a job and work every day.

All the phosphate cell salts are recommended for nerves and nerve ailments, but calc. phos. has had some specific successes with certain kinds of neuralgia. These are characterized by aching bones, anemia, rheumatism, and so on. You will note that the Simplified Remedy Guide lists firms which offer a combined product of the cell salt phosphates useful in such problems.

The Skin

Calc. phos. can be used with other indicated remedies in treating various skin problems, specifically facial eruptions that contain albuminous fluid, with yellow-white scabs. It is also effective in treating eczema associated

with anemia. Freckles disappear when this remedy is used, or at least you will see less of them. In older people, annoying itchy skin can be helped if calc. phos. is taken along with kali. phos. Acne during puberty or in those suffering from anemia seems to respond to this remedy.

One doctor reported curing a three-year-old child who was suffering from hand and skin eruptions. Kali phos., dissolved in water and applied with a cotton swab, was tried first, but it did no good. A similar solution of calc. phos. produced a change in a week and cured the case in two months. The heat of the following summer produced a relapse, but the remedy cured the problem once again.

Calc. phos. is also one of the two remedies for spasms and cramps (the other being mag. phos.). Doris R., who had been suffering for five weeks from terrible spasms in her legs that were so severe that she couldn't stand, was given calc. phos. The next day she was back on her feet doing household chores. Doris R. never suffered another attack.

Part Ten

Mag. Phos.:

An Amazing Antispasmodic Remedy

Magnesium phosphate (mag. phos.) is one of the most remarkable cell salt remedies. While it is very powerful by itself, it is also closely allied with the two other phosphate cell salts calc. phos. and kali sulph. All of the phosphates are prescribed for ailments of the nerves. It is as a result of our nerves that we feel pain, and when the nerves themselves are affected and thus cause pain, the result is doubly miserable.

A Healthy Team

Kali phos. operates on the gray nerve fibers, and mag. phos. operates on the white ones. But the two are closely connected, and if there is a disturbance of the molecules of the gray fibers, there will also almost inevitably be a disturbance of the white fibers as well. Many cell salt practitioners, therefore, do not give one cell salt remedy without the other. Also, as you will discover in reading the next three chapters, the ailments the phosphates tend to cure are related.

Although the phosphates are often used to treat similar ailments, it is important to understand the differences between them. Calcium and magnesium belong to the same group of elements, the "earth alkalis," which also include barium and strontium. The ions of magnesium and calcium are "synergistic;" that is, they produce certain reactions in combination that they cannot produce alone. In some cases, magnesium and calcium are interchangeable. But there are differences. Calcium "tightens" cell membranes, and magnesium increases their permeability. Calcium is found mostly in the bones, and magnesium is found mostly in solution in the soft tissues.

According to some experts, persons who suffer from a calcium deficiency are apt to be passive, while persons suffering from a magnesium deficiency are apt to be restless. One cell salt practitioner compared this difference to the differences between yin and yang, opposite forces in ancient Chinese philosophy. Calcium and magnesium are important elements in body structure, but sodium and potassium are important primarily in the body fluids. Calcium and magnesium reduce tissue irritability, but sodium and potassium aggravate it.

The Mag. Phos. Personality

People who suffer from a magnesium phosphate deficiency tend to reflect this in their personalities. They are apt to suffer from constantly changing emotional ups and downs. On the other hand, people who suffer from a calcium phosphate deficiency, are apt to be slow and plodding.

It is thus not surprising to learn that the primary function of mag. phos. is in correcting violent ailments. Spasms that affect the connective muscles, intestines, retinas, and blood vessels; dizziness; migraines; even nausea and cold sweats can be helped by this remedy.

People who need mag. phos. may look somewhat like people who need calc. phos.; that is, thin and weak, often

with nutritional or allergy problems. They tend to be plagued by cramps and nervousness. It has also been noted that both types tend to have dark complexions.

Magnesium and Good Health

Magnesium is actually quite plentiful in the body, considering that it is a "trace element." The amount of magnesium in the body is exceeded only by the quantities of calcium, potassium, and sodium.

Magnesium is a factor in helping the blood remain alkaline, and it works with phosphorous to rebuild the nerves. It helps harden the dental enamel as calcium does. Magnesium phosphate is needed by the brain, the heart, and the muscles to relax.

When a crop of potatoes or carrots is misshapen, one of the things that a farmer or gardener can do to correct the problem in the following season is to add magnesium to the soil.

It has only been during the last decade or so that the role of magnesium in the body system has been appreciated by health authorities who are not cell salt practitioners. This appreciation is largely due to the work of Dr. John J. Miller, who discovered how chelated magnesium acts as a stimulus to the creation of enzymes. New appreciation of trace elements such as magnesium has resulted from research with the atomic absorption spectrophotometer, showing that Dr. Schuessler knew what he was talking about. It has now been definitely established that a lack of magnesium will produce such symptoms as unsteady handwriting, muscle twitching, tremors, and sweating. A lack of magnesium has also been connected with such diseases as intestinal malabsorption, alcoholism, severe diarrhea, chronic liver disease, and others. Magnesium deficiency will cause confusion, personality changes, and an altered heartbeat. The metabolism of glucose in the muscles depends on magnesium. All of these symptoms, which modern nutritional scientists are now connecting to a magnesium deficiency, were cited by Dr. Schuessler as indications of a need for mag. phos.

The Danger of Over-Refined Foods

The major sources of magnesium in the diet are green leaves, whole grains, nuts, and seeds. But Americans often don't get enough magnesium from their diets because all of the magnesium is in the outer layers of unprocessed foods, which are thrown away in the usual milling and refining to which our foods are subjected. In addition, biochemists believe that even if you are getting enough of the necessary cell salts in your diet, these cell salts will not necessarily get to those places in the body where a specific deficiency is causing a problem. That is why it may be necessary to take cell salt tablets when your symptoms call for them.

The symptoms that indicate that you have a magnesium deficiency are generally improved by heat and pressure. In other words, if you suffer from localized pains or neuralgia that becomes better when you apply warmth and becomes worse when you go outside, mag. phos. is your remedy.

Pains in the bowels, cramps in the stomach, pains in the spinal cord, convulsions, cramps from prolonged exertion, stiffness, numbness, awkwardness—these are all ailments that call for mag. phos. Pianists, for example, can be helped immensely by this powerful anti-spasmodic remedy, since several hours' labor each day over the keyboard can make hands stiff.

Mag. phos. can help ease nervous asthma, heart palpitations, angina pectoris, various kinds of shooting pains, constrictive spasms of the vagina, flatulence, limb jerking, and hay fever.

Neuralgia and Headaches

Certain kinds of neuralgia pains are especially likely to respond to treatment with mag. phos. These pains are spasmodic, almost violent, darting, and deep. They are sharp and intense. Excruciating cramps that tend to come on in the evenings and are soothed by warmth and aggravated by cold will probably be relieved by this remedy. In some people, these pains disappear quickly when mag. phos. is taken. In other cases, the remedy must be taken for a longer period of time. The effects of cell salts are often subtle, but they are powerful and long-lasting. Cell salts are essentially nutritional, but they achieve a therapeutic effect. So if you take a remedy for a while with high

expectations, it will have a better chance to work.

When magnesium salts are lacking in the body, the result may be a pain that moves from place to place and is recurrent. The pain may show up in the head, in the stomach and bowels, and even in the ovaries and limbs. Chris E. had been suffering from pain that darted through the nerves of her head with terrible cruelty. When she consulted her physician, she had been suffering from the pain intermittently for three days. Chris E. was given two doses of mag. phos., and the pain disappeared in no time at all.

Another woman, Patricia S., had experienced a boring pain that started over her right eye and in just a few moments spread over the whole right side of her face down to her jaw. Mag. phos. eliminated her problem in four days. It also cured her general debility and lack of appetite.

Dr. B., who was a tremendous believer in cell salts, tells a story about a patient just recovering from a fever, who developed a terrible pain over his eye. The pain was so intense that the doctor spent four days trying everything to kill the pain. Unfortunately, he did not have any mag. phos. The patient's family was so worried about his pain that they found another doctor, who wanted to operate. Dr. B. pleaded with the family to wait another day before making the sufferer submit to the knife. They agreed, and luckily the next day's mail brought Dr. B. a shipment of mag. phos. tablets, five of which were given to the patient every 30 minutes. When the pain began to recede, the tablets were cut back to five every hour. By the next day, the patient was resting comfortably. When he awoke the following morning, he no longer had any pain.

A middle-aged man from Washington took mag. phos. tablets every 20 minutes when he was being tormented by neuralgia. He noticed the first real diminishing of his pain in 20 minutes. He continued taking tablets every 20 minutes for several days. Six months later, the neuralgia had entirely disappeared. It never bothered him again. Jane B., who had gone out of town to hear a concert, was suddenly stricken with such serious head pains that she had to check into a hotel and go to bed immediately. She was cured in an hour by a doctor who gave her a few mag. phos. pills every 10 minutes.

Mag. phos. also helped Charles F., who suffered from a pain that moved from his face to his teeth in only a few hours. In another instance, a healthy-looking young woman, Barbara C., had face aches that lasted five hours when they came. After three days of taking mag. phos., she reported that the pains were gone.

Doctors have had success in giving workers mag. phos. tablets instead of aspirin for bad pain. Toothaches have been cured with this powerful remedy. It seems to work for both young and old.

A woman of 74, Matilda Y., suffered from eczema, constipation, and stomach pains. She was relieved of all three when she took mag. phos. to cure a neuralgia that had settled in her face and upper jaw.

How to Take This Remedy

The best way to take mag. phos. when you want speedy relief is to put a tablet on the tongue and dissolve another in a glass of hot water. Take the one on the tongue before taking the one dissolved in hot water. The 6x potency is usually sufficient.

Getting Rid of Cramps

Both calc. phos. and mag. phos. are recommended for most kinds of cramps. The general recommendation is to take the mag. phos. in the 6x dose before meals and the calc. phos. in the same potency after meals. Dissolve five tablets of each cell salt in hot water and sip the water. Repeat this procedure every three hours. These remedies should keep various kinds of cramps, such as those resulting from prolonged exertion including stiffness and numbness from writer's cramp and cramps suffered by craftsmen or laborers who must hold their tools for long periods. Cramps occurring in the bowels and the stomach, the throat and the larynx, and the corners of the mouth also respond well to this antispasmodic.

At the beginning of this chapter, it was mentioned that calc. phos. can be given along with magnesium phosphate. Dr. Schuessler recommended that mag. phos. be tried first, and if it doesn't work despite the fact that symptoms

indicate that it should, then calc. phos. should be used.

Mag. phos. has also been prescribed many times with great success in cases where stomach cramps are accompanied by flatulence. It has also been effective in many stubborn cases of hiccups, especially when it is taken in hot water.

Chest Pains

Chest pains are not to be taken lightly. If you suspect that you have angina pectoris, you should not attempt to treat it at home. You should be under a doctor's care. Nonetheless, it is good to take mag. phos. at the first sign of chest pain. Not all pain in the chest indicates heart trouble. Some pains in the chest can be described as "false angina." Cell salts work to remove these pains, which can be frightening to the uninitiated. If you have such pains, you can treat them with mag. phos. tablets dropped into a glass of water. Taken frequently, they will provide prompt relief. A 25-year-old housewife, Diane B., had such severe pain in her left breast that her friends feared she was dying. Mag phos. dissolved in hot water, alternated with kali phos. (for the weak action of her heart), worked to cure her quickly. Her pulse returned to normal, and the chest pain ceased. A doctor was on his way, and when he arrived he said that he thought she had survived only because of the mag. phos.

Other Indications

Mag. phos. tablets are recommended for soothing arthritis and rheumatism. It should be taken immediately if the pains are excruciating, violent, and spasmodic. If you suffer from asthma and troublesome flatulence or a feeling of tightness in your chest, mag. phos. is the recommended cell salt remedy.

An older man, Scott N., was careworn, despondent, and exhausted from nervousness. He couldn't sleep because of pains in the left side of his face and chest. Mag. phos. was given for the spasmodic pains, and kali phos. was given for his lost energy. Together they cured him of his problems in about two weeks. Scott N. became a new man. He slept well, worked around the house, and no longer suffered from the spasmodic attacks.

Mag. phos. has also helped people who have lost their sense of smell because of a cold. Vomiting and watery diarrhea have been cured with this remedy taken in a little hot water. Cases of spasmodic coughing have disappeared in hours thanks to mag. phos. Almost any problem associated with spasmodic pain, even if there are other symptoms calling for other remedies as well, points to mag. phos. If you have spasmodic diarrhea, the remedy you should take in addition to mag. phos. would depend on the color of the diarrhea.

If your voice becomes shrill, or your windpipe closes spasmodically, mag. phos. will help. It may also help to use this remedy if you are diabetic or if in your later years you have developed some dullness in your hearing. Spasmodic labor pains or leg cramps in the later stages of pregnancy are rapidly eased by a dose of mag. phos. If you feel dull and forgetful and can't concentrate, mag. phos. can help. This cell salt remedy can also relieve the pains of menstruation that precede the flow. If you had problems with menstruation and you now experience dizziness and hot flashes with menopause, you may be helped by mag. phos.

Applied on water-soaked cotton swabs, mag. phos. will help insect bites around the knees, ankles, and elbows according to Dr. Schuessler. Insomnia that is caused by emotional turmoil can be aided by this remedy. Intense rheumatic toothaches that are soothed by heat will also improve with mag. phos. as will an urge to urinate frequently.

Like all cell salt remedies, mag. phos. is especially good for certain types of people. This doesn't mean, of course, that if you are not that type you won't be helped by mag. phos. It does mean that if you are that type your chances of being helped are especially good. The "mag. phos. person" is a thin person, with dark complexion and a lean, nervous look. The nervous look is sometimes expressed by intensely staring eyes. For such people, mag. phos. is a constitutional remedy, which means that this cell salt will cure many of their ailments, even if it is less effective for others. People who need mag. phos. will often appear tired and will sit motionless in stony silence. Or they may pace to and fro. If a person has a tendency to stammer or cry or he complains of cold, especially up and down the spine, mag. phos. will help.

Finally, here are two more indications of a magnesium phosphate deficiency: a thirst for cold drinks and sugar with an aversion to coffee and a feeling of drowsiness. If from ten to eleven in the morning and four to five in the afternoon you suffer from headaches, mag. phos. can help you. If your brain feels as if it were swishing about and you feel a tightness in your head, consider trying mag. phos.

If your throat is so sore that swallowing causes pain, you have a dry cough that is so severe that it is difficult for you to speak, or you are choking or retching, mag. phos. can be the cure.

In general, excruciating pain and extreme exhaustion are signs that indicate to the intelligent observer that he needs mag. phos. It will work faster if it is dissolved in hot water, and it seems to be equally effective in all potencies. Cramps and pains are also helped by direct application of magnesium phosphate. This powerful antispasmodic holds the key to many ailments. When it is used correctly, it can effect the most miraculous of cures.

Part Eleven

Kali Phos.:

Soother of Jangled Nerves

Potassium phosphate (kali phos.) is the cell salt that works wonders on jangled nerves. Nowadays, it's a miracle that any of us can keep our cool. Tempers flare, and life has more problems than ever before. Luckily for us, however, Dr. Schuessler, working in the German countryside many years ago, discovered that kali phos. helps to calm irritable tempers, and his discoveries remain pertinent today.

Kali phos. is the cell salt that helps people when they become depressed or when they suffer from headaches due to nervousness. It has helped insomniacs enjoy a refreshing night's sleep.

Kali phos. is the most important of the three potassium remedies in the 12-remedy cell salt group. Homeopathic doctors around the world rely on it as a tranquilizer, as do doctors who practice Dr. Schuessler's cell salt system exclusively. This remedy is prescribed to banish irritability, worry, over-excitement, over-work, and depression—even that awful depression that makes even the simplest task a veritable Mt. Everest to be conquered. Kali phos. has even helped people who have suffered from grief, sorrow, and despair for long periods of time, people to whom life has seemed wearing rather than joyful. These people have taken this remedy, recovered, and begun to live happy, productive lives. Kali phos. is often prescribed for senility, weak memory, and forgetfulness. If a busy executive or an overworked student becomes tired from too much mental exercise, kali phos. can provide soothing relief.

Kali phos. appears to restore direction and order to both the indicate a kali phos. deficiency. Do you suffer from depression? Do you suffer from melancholy, ill-humor, loss of memory, and irritability? Do you feel a need to withdraw from society? Depression can occur during a period of self-doubt, pressure, worry when you feel you don't know what to do. But now you do know. Take kali phos.

Tired of life, but afraid of death, Ben R. had been treated with many medicines but nothing worked until his doctor tried kali phos. For the first time in weeks, Ben R. was calmer, after only eight hours of taking the remedy. That night Ben had his first good night's sleep in a long time.

The same doctor tried the remedy on a middle-aged woman, Alice P., who although she had never thought much about religion before, suddenly became terrified by the notion that she was going to go to hell. This thought so obsessed Alice that she had to be forcibly restrained. She lamented, tore her clothes, and stared out at a world she obviously wasn't conscious of. But kali phos. worked wonders in no time.

One doctor who believes in the cell salt remedies tells the story of another doctor who did not. This physician had been overworking himself and was going through a "nervous breakdown." His condition became so bad that he was planning to give up his large practice. But his friend persuaded him to give kali phos. a try for 30 days. The suffering doctor said that he didn't believe in cell salts, but he agreed to try this plan of action since nothing else he had tried had helped his condition at all.

In just a few days the doctor was completely cured, but he remained unconvinced of the healing power of the cell salts and refused to continue taking kali phos. constitutionally. Nonetheless, none of his nervous symptoms returned, and the doctor was able to see his full patient load without further trouble. Afterwards, he began to believe in the power of cell salts.

Kali phos. was reported to have cured a young schoolteacher, Ann C., who was suffering from an unfortunate love affair. She became so miserable that she had to be removed from the class room because she banged her head against the walls of the schoolroom. Her doctor gave her kali phos., one tablet every hour the first day and then every other hour for the next several days. She returned to her teaching completely recovered.

Insomnia

Paul N. was very successful, with a large happy family and a booming business. Then he ran into financial reverses and simply could not sleep. Kali phos., administered in the 6x dose, cured Paul N. not of his financial problems, but of the sleeplessness that was keeping him from solving the financial problems. That is just about as much as you can ask for nowadays the ability to deal with the problems that everyone faces.

Headaches

Headaches are not easy to treat, as modern medicine and science can tell you. In the chapter about natrum mur., you learned about the major remedy for headaches. But kali phos. is a good remedy to take along with whatever else is indicated if you have a "nervous headache." Nervous headaches are often related to conditions that depress you, even when they are not clearly understood by you. All of the phosphate cell salts are recommended when a headache is located over the eyes. One should take kali phos. in alternation with mag. phos., with or without natrum phos.

Headaches most often helped by kali phos. are those brought on by or in connection with irritability and fatigue. If you yawn a lot, your ears hum, and you just don't feel like staying up but your symptoms disappear when things suddenly start looking interesting or when you eat, you probably need kali phos. Headaches resulting from too much mental exertion will be helped by this remedy, too. It is especially helpful for students who develop headaches around examination time.

A 55-year-old woman, Jewel E., had headaches so excruciating that she felt as if she would go insane. She insisted that her brain was ruptured and that it was running out of her eyes. She had been laboring under this illusion for several days when her doctor ordered her to take kali phos. first one dose and then another two hours later. After the second dose, the headache simply disappeared.

In another case, Robin M. was suffering from a headache on the second day of her menstrual period. Immediately after she took the kali phos. prescribed by her doctor, her menstrual flow increased and her headache vanished. A medical student, Robert S., was experiencing roaring and buzzing in his ears from too much study. A doctor he sought out prescribed 12 kali phos. tablets, to be taken one every three hours. Robert reported immediate relief, and the headaches that always came on when he exerted his brain too much no longer were a problem.

Other Indications

Generally, symptoms requiring kali phos. are worse in the morning and evening and persist into the night. The person suffering from these symptoms will often find that he feels better after getting up and slowly walking around. Cold air makes the symptoms worse; fasting may make the symptoms better. Aching pains are connected with a kali phos. deficiency. They seem to tear downward and can be almost paralyzing.

If you are worn to a frazzle by your job, your house, and your life; if life has dealt you a series of blows; if you feel hopelessly kali phos. as your constitutional remedy. It could change your life!

If you find that your sense of humor is becoming more and more contrary, just for the sake of contrariness, you might be on the way to becoming another Mark Twain, but you might need kali phos. (Twain was one of several great Americans who believed in the health benefits of these remedies.) If, in general, you find that you are

indifferent to your surroundings, your finances, your family, and finally, yourself, you probably need kali phos.

If your vision is blurred or you see colors before your eyes, floating black spots or halo effects, your vision could be improved by kali phos. If your ears are swollen, pulsating, or twitching; if you suffer from a cough with your colds; if your nervousness gets the best of you and you develop a case of hay fever; if your nose is obstructed or swollen; if your gums are swollen, burning, and red you need kali phos. Of course, if you have a serious infection, you should not attempt to treat it by yourself. See a doctor.

One important use for kali phos. is to eliminate certain offensive body odors. It can also eliminate the bitterness in your mouth and nervous chattering of your teeth.

Certain kinds of coughs are best treated with kali phos. such as hacking coughs, short, spasmodic coughs, and coughs from asthma (kali phos. is the specific remedy for asthmatic coughs).

One of kali phos.'s main physiological applications is in the treatment of angina pectoris. It is taken along with mag. phos. Naturally, if you have chest pains you should see a doctor. But after you have seen your doctor and he has begun treatment, you should go to your health food store or homeopathic pharmacy and buy some kali phos. Everything connected with heart trouble can be treated with this cell salt in conjunction, of course, with whatever your own physician prescribes. When the heart is full of fat or is degenerating, the lungs are inflamed, or there is pain in the chest, this wonderful soother should be taken on a regular basis.

Part Twelve

Kali Sulph.:

A Powerful Carrier of Oxygen

Though its effects are often not as dramatic as those of other cell salts, potassium sulphate (kali sulph.) is very helpful in performing important functions. There are some indications that this cell salt can relieve baldness, although the user would have to give this it plenty of time to take effect and take it along with his particular constitutional cell salt. Remember, taking your proper constitutional cell salt can be as important in dealing with a health problem as taking the remedy called for by the symptoms.

Kali sulph. is the biochemical cure for dandruff, and it is very important for healthy skin. You can also use it for more serious ailments.

Ferrum phos. and kali sulph. work together in your body to help your blood carry oxygen to all of your cells. Ferrum phos. is said to regulate the "external breathing" and kali phos. the "internal breathing" of cells in the exchange of gases. Both salts act in carrying oxygen, although some people believe that kali phos. can carry oxygen where ferrum phos. cannot.

Kali sulph. is credited with building new skin cells where the old ones have been damaged or killed due to disease. This remedy is nearly always prescribed, together with some other important cell salts, for skin problems. (See the Simplified Remedy Guide for examples.)

Kali Sulph. and Pulsatilla

Kali sulph. has a strong relationship with Pulsatilla, an important homeopathic remedy. Pulsatilla is a more complex compound than kali sulph., however. Kali sulph., kali phos., calc. sulph., and possibly silica are the active homeopathic agents. Of these ingredients, kali sulph. is the dominant one.

The symptom such as a need for fresh air indicating a need for kali sulph. or Pulsatilla are remarkably similar. And the two remedies help similar ailments. Kali sulph. is to biochemical medicine what Pulsatilla is to homeopathic medicine. Dr. Schuessler's theory is that the active ingredients in many homeopathic botanical remedies are probably the 12 cell salts.

Some doctors practice with just cell salts, but others use the whole range of homeopathic medicines. It is interesting

to note some symptoms that Pulsatilla and kali sulph. both treat. Both, for example, are useful in treating vertigo, when just looking up makes the patient feel as if he or she is falling. If you have a constricting headache that makes you feel as if a metal band has been put around your head, as if your head were in a vise, the doctor could prescribe either Pulsatilla or kali sulph., depending on other indications.

If you need kali sulph. or Pulsatilla, standing still or lying down makes you feel worse, and you probably have eye problemsdim vision, dark colors before the eyes, and itching, swollen eyelids. You may feel that you have lost your sense of smell, or you may suffer from a toothache. Kali sulph. is an important remedy for a dry, mucus-filled sore throat in the morning and difficulties in swallowing, and Pulsatilla helps these symptoms too. Kali sulph. is especially effective in treating hoarseness that becomes worse in the evening. Both kali sulph. and Pulsatilla are used in cases of irregular menstruation, heart palpitations, and pimples. The only difference between the two is that patients who need kali sulph. are obstinate, while patients who need Pulsatilla are milder in temperament.

Hair and Skin

Older people tend to lose the lubrication in their skin. Kali sulph. is a lubricating agent in the body, and it can help the skin when the necessary oils have dried up. It has been used in treating sticky and scaly dandruff, eczema, and hot, dry, harsh skin. It is always recommended for children as a way of keeping their skin healthy during illness. Kali sulph. is good for burning and itching hands and for crawling, stinging sensations in the skin. The remedy, which can be taken orally as a constitutional remedy or dissolved in water and applied directly with a cotton swab, will aid in removing or curing liver spots, herpes eruptions, pimples, psoriasis, and scaly eruptions arising from a moist face. There have been reports of kali sulph. curing ringworm.

In all skin conditions, one's emotional state is a big factor. Therefore, be sure that the remedy for your mental state is being used concurrently. If your mental state indicates that you need kali sulph., so much the better. Then you really know you are using the correct remedy.

Often, when a kali sulph. deficiency shows up, it does so as yellowish, slimy matter emerging out of papules on the skin. It is believed that kali sulph. clears up such conditions as it carries oxygen and destroys worn-out cells. In this, it works with ferrum phos. Thus, in many skin inflammations, as well as in internal inflammations, kali sulph. is definitely the remedy.

Treat skin problems with kali sulph. three times a day in the 6x potency, by mouth or applied to the skin. Kali sulph. will help painful warts, fungus rashes, and painful, red eruptions, as well as measles-like rashes and dry skin. Eczema responds well to this remedy when the discharge is yellowish. In cases of dandruff that can be helped by kali sulph., another symptom is often a dry and scaly lower lip. Another indication of a need for kali sulph. is a yellowish tongue.

Mike P. had been plagued by a recurring case of small red pimples that ran together, making his face look swollen. He had suffered from this problem for five years. He had originally found some relief by using cold water, but as time went on the irritation was relieved mostly by heat. He also suffered from constipation. After trying several remedies unsuccessfully, Mike's doctor gave him kali sulph., which brought about a noticeable improvement in just three days. His constipation also cleared up.

Lydia P. suffered after-effects from a severe case of poison ivy that had lasted eight months. She had small, hard vesicles on her face, which formed thin scabs. Two doses of kali sulph. dissolved in water and applied with a cotton swab, applied morning and evening for four days, cured the case in just four weeks.

A case of baldness was also reported cured by this cell salt. The sufferer, Larry D., who had once had black hair all over his face and scalp, had started losing his hair by the handfuls after a case of gonorrhea. Pretty soon he had a bald spot the size of a silver dollar. He tried various treatments for several months with no effect, but a vial of kali sulph., with doses taken every third day for three weeks, eliminated the bald spot. Larry's hair grew back in completely.

Rheumatism

If you have pains in your joints that are eased when you walk in the open air, you may have the sort of rheumatism that can be helped by kali sulph. If you have pain in the lumbar region of your back during menstruation while sitting, or even while walking, kali sulph. is the cell salt treatment indicated. If you need kali sulph., your pains will seem to "wander around," and your hands and feet will feel cold.

Rheumatism is a complex disease, of course, so you must check your symptoms carefully in the Simplified Remedy Guide. If you have headaches in a warm atmosphere and in the evening and your back, neck, and limbs ache, try kali sulph. Give it time to work. Some people feel it is a miracle-worker in cases of rheumatism. Another sign that you might need kali sulph. for your rheumatism is restless sleeping after three in the morning because of soreness. Getting up and walking around will make things worse. This is the time to take kali sulph. so that you can get back to bed and have a restful night's sleep.

Carol Z., a 22-year-old woman, suffered for years from indigestion and general debility, including rheumatic pains. She had neuralgia in her face, which felt better when she stood at an open window and worse in stuffy, hot rooms. Kali sulph. relieved her condition so well that she subsequently kept a bottle around the house in case any of her old symptoms returned.

A 26-year-old lumberjack, Jerry P., was usually very healthy but caught cold while perspiring heavily after doing some hard work. He subsequently developed terrible rheumatism in his joints, which was accompanied by a high fever. The pain seemed to wander, going from his bottom to his left knee. The pain was severe, and nothing his doctor gave him seemed to help. But when he was given kali sulph. the recovery was quick. His appetite returned, he could sleep comfortably, and the pains were gone within a week of his starting to take this remedy.

Another young man, Robert F., lived on the banks of a lake and often got wet while fishing or shooting. Over a period of a couple of years, he started suffering from rheumatic pains after he went in the water. The pains seemed to shift from place to place. His doctor gave him kali sulph. to take four times a day, and within three weeks the pain had simply disappeared.

Other Indications

If a woman's menstrual period is scanty or suppressed, her abdomen feels full, and her tongue is yellow, she is suffering from a potassium sulphate deficiency. Kali sulph. helped Andrea H. to regain menstrual regularity, which she had lost for 15 months after her first pregnancy.

Kali sulph. is also one of the remedies usually prescribed for asthma, especially bronchial asthma, when the lungs are filled with loose, yellowish matter that is easily coughed up. Dave M. had been suffering from an asthma attack for 10 days. The attack was so severe that he could barely talk and had labored breathing. He reported a recovery only a few hours after his first dose of this remarkable cell salt.

Kali sulph. should be used in alternation with ferrum phos. in cases of bronchitis with yellowish expectoration. Kali sulph. has also been credited with helping people get back their senses of taste and smell when they have yellowish discharges. Jim W., a sailor from San Francisco, had a problem with his nostrils for 18 months. He also caught cold easily. Three doses of kali sulph. once a day improved his catarrh condition in a month, and he mostly regained his senses of taste and smell.

If you develop a cough and the mucus in your throat seems to be falling back and is yellow, you should try kali sulph. If your diarrhea tends to be yellowish, and your stool is black, thin, and smells offensive, you need this powerful carrier of oxygen. Kali sulph. is sometimes indicated in gastric problems.

In cases of a yellow vaginal discharge, kali sulph. should be an effective treatment. However, if the discharge is not yellow or is of a very thick consistency, you should consult the Simplified Remedy Guide for the correct remedy.

Kali sulph. also helps piles. It is a potent remedy, useful in many sorts of ailments.

Part Thirteen

Kali Mur.:

For Sluggish, Run-Down Conditions

The last cell salt in our galaxy of 12, potassium chloride (kali mur.) is subtle in its action and may be overshadowed by the more dramatic cell salts such as ferrum phos. and natrum mur. Nevertheless, kali mur. is as important as the others. It is an important constituent of the muscles, nerve cells, and brain cells. In fact, brain cells can't form without this cell salt. It should almost always be used with ferrum phos. to fight fevers. From Dr. Schuessler's time to today, cell salt practitioners have believed that kali mur. is the cell salt that builds nitrogenous protein fiber, fibrin.

In many ways, kali mur. resembles kali sulph. and is indicated in many of the same problems. There is, however, one big difference: Whether the problem is constipation, diarrhea, or nasal or bronchial catarrh, the color of exudations requiring kali mur. tends to be white rather than yellow as in discharges that indicate a need for kali sulph. Cell salt practitioners sometimes give kali mur. when nothing else seems to work. It is helpful in treating chronic ailments, especially where severe inflammation is involved. It should be given routinely, along with ferrum phos., for colds and other catarrhal conditions. It is also prescribed for certain kinds of rheumatism as is kali sulph.

A Powerful Cleanser

Kali mur. can help destroy the body's wastes when the body is fighting off a fever or an infection. It should be given when the fever has broken and the body must begin the process of convalescing and rebuilding its health. Kali mur. retards the secretion mechanism of the body. If you have a white vaginal discharge or dark and clotted menstrual blood, try this cell salt together with natrum phos. If the flow of menstrual blood is painful, alternate doses of kali mur. with doses of mag. phos.

Kali mur. is also useful when your liver is sluggish and when piles exude dark, clotted blood. It controls blistering when it is dabbed on burns and scalds. (Also take ferrum phos. to relieve the pain.) As a matter of fact, you should take a dose of kali mur. in the 3x potency every 20 minutes for all dull, aching pain.

If fatty foods or pastries cause indigestion, kali mur. should be taken to help control the indigestion and gas. Of course, you should also remember that eating fatty foods and pastries can be bad for you even if they don't cause indigestion. If a pastry chef uses white sugar to make the delicious concoctions you eat (and how many pastry chefs use anything else?), you will probably develop that sluggish, run-down condition that many people take kali mur. to get rid of!

When you take kali mur. for your liver, take it in the 12x dose three times a day. This dosage is about the same amount of kali mur. that occurs naturally in a healthy blood cell. Tired livers can be the cause of the sluggish, run-down feeling from which so many Americans suffer. Another way this wonderful cell salt might help sufferers relieve sluggishness is by thinning the blood, so that less energy is expended as it is pumped through the arteries.

Other Uses

Kali mur. also has the reputation of being able to help your body get rid of cracking noises and stuffy colds in the head and related disorders. It is specifically recommended, together with natrum mur. and ferrum phos., for all throat problems. It will also help acne swellings and asthma. By now you will have noticed that the cell salts have overlapping effectiveness; some will treat the same ailments as others. The key to which cell salt should be used is what other conditions are present in the ailment being treated. Certain factors must be present for a certain cell salt to work.

Dennis K. had been an asthma sufferer for a long time. He coughed so hard during an attack that he had to lean over the back of his chair when the spasmodic coughing came on. He also vomited thick white phlegm. His doctor gave him kali mur. every 20 minutes, and later every three hours, until the cough was gone. Dennis reported that he never again experienced another acute asthmatic cough. Kali mur. should be used when breathing is oppressed.

It should be taken every 20 minutes or so during the attack itself.

Regaining Youthful Energy

It will take more than just cell salts to bring back the energy you had when you were younger, but cell salts, especially kali mur., can help. The right diet, including enough vitamins and minerals, is supremely important. So is plenty of exercise. With kali mur., you should begin to develop new vitality and energy.

As mentioned earlier, kali mur. should be given when a fever begins to recede. This is because this remedy is a building agent. Its effectiveness lies in its ability to help a body that is recovering from disease or infection.

Rheumatism

Just as kali sulph. is good in cases of rheumatism, so is kali mur., which seems to ease the swelling in cells concerned with excretion and absorption in cases of inflammation, rheumatic or gouty pain, and swelling. One difference between the two remedies is that when motion brings on pain, kali mur. is indicated, while when walking makes pain disappear, kali sulph. is indicated. You will also have a telltale white or grayish tongue when you need kali mur., rather than the yellow one that indicates you need kali sulph.

A classic case showing most of the symptoms indicating a need for kali mur. involved a 78-year-old man, Abraham Z. He had been sick for a number of years, with a poor appetite due to digestive upsets. He couldn't eat greasy foods and was plagued by diarrhea, constipation, stomach ache, and flatulence. His joints were always swollen. His doctor gave him kali mur. in the 3x potency, three tablets every two hours dissolved in hot water and taken orally. Within six weeks, all of his problems had cleared up. This story illustrates the amazing powers of this remedy in treating rheumatism and other problems.

A 12-year-old girl, Brigitte R., had pains in all her joints, especially in her wrists and elbows. A combination of ferrum phos. and kali mur. dissolved in a glass of hot water cured her problems in only a few days. The ferrum phos. was given during her fever, and the kali mur. was used during her recovery to speed it along. In the next year, when the same problem arose, the same remedies worked even faster.

In a case that Dr. Schuessler related, John H. had been suffering from rheumatism and fever for eight days. His joints were so swollen that he couldn't lie in bed comfortably, so he tried to walk all night. John was given kali mur., and the next night he got a good night's sleep. Twelve days later, he was cured.

In another of Dr. Schuessler's cases, a 70-year-old man, Paul H., had acute rheumatism in his shoulder and elbow joints. As in the case of John H., every time he lay down the pains grew worse. He was cured in a relatively short time with ferrum phos. and kali mur.

In still another case, a child with rheumatic fever was cured in just a few hours with kali mur. Rheumatic fevers are serious things, especially in children, because they seriously weaken the heart. Any child with rheumatic fever should be taken to see a doctor.

Finally, in another case, a doctor prescribed mag. Phos. during his patient's recovery from rheumatism because the patient began having spasmodic pains in his abdomen. Of course, if you have an acute attack of rheumatism, you should consult your doctor in addition to using the appropriate cell salts as a supplement to the treatment.

Earaches

Earaches can be dangerous as well as annoying. If you have a persistent earache or a discharge from your ears, you should see a doctor. Because there is a great deal of mucus in the ears, kali mur. is one of the main treatments for earache. It should be used along with ferrum phos. in cases where the earache is accompanied by inflammation or fever along with the treatment prescribed by your doctor.

Kali mur. is most useful when the inflammation has started receding and the membranes are thickening, so much so that sometimes the hearing can be lost. Kali mur. works to prevent this by eliminating the fibrin that is

attempting to escape from the body through the ear's mucous membranes.

Other Uses

You can apply kali mur. directly to boils and carbuncles to prevent further swelling. Kali mur. is also used to treat anemia that is accompanied by skin eruptions. If you have backaches for which you have taken ferrum phos., with no success, try kali mur. Kali mur. tablets can be pulverized and the powder applied to first-and even second-degree burns.

Loud stomach-originating coughs and short acute coughs require kali mur. Always check for a white tongue, of course. If eye problems are accompanied by a white discharge, try kali mur.

If you have trouble digesting fatty foods, you suffer from flatulence, or your liver is sluggish, try kali mur. If you get gastritis from drinking hot liquids you need kali mur. Also, if you have stomach aches, accompanied by constipation, try this cell salt. If your sleep is restless and you are easily disturbed, kali mur. will enable you once again to enjoy a refreshing night's sleep.

Part Fourteen

Cell Salts For Youth and Beauty

For centuries, women have exchanged beauty secrets on how to develop and maintain glowing, vital loveliness at any age. Try this simple beauty plan involving cell salts and a minimal amount of effort for a period of 30 to 60 days, and you will be delighted with the results.

The Importance of Good Nutrition

As you have discovered, the 12 cell salt remedies can play a big part in restoring the youth and health you may have lost as a result of a poor diet. The same poor diet that contributes to many health problems can also affect a person's appearance. Some of the indications that your body is not getting proper nutrition include a sallow complexion, incipient wrinkles and lines, poor muscle tone, general tiredness, dark circles under the eyes, insomnia, and dry skin. These problems detract from your good looks and can discourage you from even trying to look your best. But neglecting your appearance just causes more problems and a vicious cycle is created.

If you're like lots of other women, you probably drag yourself out of bed in the morning, late for work or in a rush to get your husband and children off to work and school. you don't have time to fix yourself a good breakfast, even if you might prepare one for your family. So what do you give yourself? Black coffee and white toast. When your body is trying to tell you that it needs nutrition the most, to help you face the day squarely, it is ignored. You have ignored your body by not eating the right things.

When noon rolls around, you probably find that you're absolutely starving. If you're at work, you raid the catering truck or vending machines and wind up with a lunch of dubious value a stale sandwich consisting of some processed cheese, ham and lettuce on white bread, more coffee, and a processed dessert. There are a lot of calories in this meal, but your body will be getting few of the nutrients it really needs for health and beauty.

At dinnertime, you're probably tired and not really up to preparing a nutritious meal. Fast foods or take-out are probably all you can manage.

If this sounds at all like you, stop right now and consider this grim fact. If you continue neglecting and abusing yourself this way, all you can expect is an early old age. This is especially true if you're a young woman who feels that she has to starve herself all of the time to maintain a fashionably lean silhouette.

As you begin to plan a better nutritional program for yourself, the cell salt calc. phos. will help you. Take it before or after each meal. And then think about those meals. (Reread the chapter on calc. phos., which will help you visualize your body's nutritional mechanisms at work.) You should avoid heavy, fat-laden meals. Get into the habit of eating a good breakfast. It can be as simple as a whole-grain cereal with a little fresh fruit and milk, or some

fresh cheese, whole-grain toast, and fruit juice. Whole-grain cereals are extremely important in the diet for the precious vitamins and minerals they contain.

You can take your lunch with you to work. It should include a fresh, preferably raw, vegetable or salad, cooked eggs or cold meat, and maybe, whole grain bread and butter. Avoid all soft drinks including those with artificial sweeteners. Drink at least eight glasses of pure water each day. Dinner should be the lightest meal of the day. A light soup or salad and some fruit is ideal.

Remember that sugar is absolutely useless in the diet. It serves no purpose nutritionally, and there are many health experts who believe that it can seriously damage your health. It also adds many empty calories. Bear in mind that it is an ingredient in many packaged foods. It is a good idea to read package labels carefully and substitute fresh fruits and vegetables for packaged or frozen fruits and vegetables. But beware of some so-called "natural" products. If you look closely at their ingredients, you may find that chemical preservatives or sugar are included.

To take cell salts and then eat sugar is like going to an Alcoholics Anonymous meeting and then going home and drinking a cocktail. Health is the result of a combination of things, of which the cell salts are an integral part. But the cell salts cannot work if you abuse your body in other ways.

Once your diet has become healthy, you will notice the beginning of a new you. You will lose unwanted pounds, have more energy, discover a brighter personality, and start looking better.

The Role of Cell Salts

Calc. phos. is the nutritional remedy that will make you feel good all over. It is routinely prescribed for sluggish, run-down conditions. It can help you regain your energy. Kali sulph. and ferrum phos. are also essential for any new health regimen. Kali sulph. and ferrum phos. both carry oxygen through your body and help restore your health. Try taking these remedies each day before you exercise.

Your exercise program need not be the regimented program you may have suffered through in school. An easy, personalized exercise program can be a wonderful tension reliever. It can quickly eliminate that sluggish, "run-down" feeling.

If you don't enjoy sports or working out in a gym, take a long walk or a hike in the most beautiful surroundings you can find. If you want to think things out, take your walk by yourself. If you prefer company, which may help while away the miles more pleasantly, invite your family or friends to walk with you. On a hot day, try a cool swim instead. If you feel exuberant, take advantage of your feeling by running for a while.

You will soon discover that exercise has become something you associate with happy times. Each day, as you reach for your ferrum phos., calc. phos., and kali sulph., you will feel better immediately because you will realize that it's the time of day to make yourself feel better by pleasant exercise.

At night, just before retiring, take ferrum phos., kali sulph., mag. phos. and natrum phos. These will help you sleep well. Along with a healthy diet and exercise, your cell salt beauty plan should include plenty of sleep. Getting enough sleep for your health might sound deceptively simple. Everybody knows that sleep is important, but how many people actually get enough sleep every night? Probably very few. If you can't get to sleep until 3:30 because of insomnia and have to get up at 7:00, you're not going to feel good. If you are one of the bleary-eyed souls who while away the wee small hours of the night watching television because you can't unwind any other way, try taking the above named cell salts. That way you will get your "beauty sleep."

Remember, that part of being beautiful lies in having regular health habits: good diet, exercise and enough rest. Erratic living doesn't help your appearances, and it doesn't prolong youth, either. A serene outlook on life and a sense of humor can also help you to develop both inner and outer loveliness.

Ferrum phos. is everyone's "beauty tonic." It is used in combination with other cell salts to treat many ailments, but it is also extremely effective by itself. It is also sometimes a good idea to take kali phos., the soother of jangled nerves, to restore your peace of mind, promote a more positive attitude, and bring color back to your cheeks.

Ferrum phos. plays an important role in maintaining good health, which, of course, is the largest part of being beautiful. It is especially effective if your spirits are depressed, which will show on your face. All of the cell salt phosphates will help lift your spirits, but ferrum phos. will give you the physical basis for good health.

If you are feeling discouraged, take ferrum phos. twice a day, morning and evening, and watch your gloomy symptoms disappear.

For Beautiful Hair and Nails

If you envy women with long, shiny hair and long graceful fingernails, you are not alone. But you may feel that lovely hair and nails are an impossible dream. Commercial fingernail strengtheners may work at first, but they contain harsh chemicals. Hair conditioners are unreliable and full of strange chemicals. So what do you do? You take silica.

Silica, nature's cell cleanser, is recommended for many ailments. But it is especially useful for building up unhealthy hair and nails. Take silica three times a day, morning, noon, and evening. At the same time, be sure that you are eating well and getting plenty of rest. Within 30 days, you should see your hair take on a healthy shine and split ends disappear. Your fingernails will be stronger, longer, and less inclined to break and split.

Eliminating Water Retention

Another problem that can detract from beauty is water retention. Many women who experience this find it to be worst just before their menstrual period, although in susceptible women it is an ever-present condition. If you have a water retention problem, take natrum sulph. and natrum mur. before meals to help regulate your body fluids. You should also stop adding salt to the food you eat. A low salt intake will benefit your heart and may even protect you from some forms of cancer.

Since natrum sulph. and natrum mur. work to eliminate bloating and water retention, they will help you produce a sleek new body. Some of the other salts you are taking in this program will also help you prevent obesity. Try calc. fluor. it holds off obesity and is also good for the enamel of your teeth.

By the way, if you are especially troubled by water retention before your period, try stepping up your exercise program. Exercise also helps relieve menstrual cramps, which are sometimes associated with water retention.

Eliminate Varicose Veins

Varicose veins are unattractive reminders that we are getting older. They are also painful. Calc. fluor., the cell salt which promotes suppleness and elasticity, has been recommended for treating varicose veins for years along with ferrum phos. and silica, which you should be taking already.

To treat varicose veins, take calc. fluor., ferrum phos., and silica in the morning and evening, but give them time to work, especially if you have had the condition for a long time. You should obtain comfort, relief, and improved appearance within a reasonable time. If you don't, or if the condition worsens, see your doctor. There are other medical procedures besides taking cell salts for this condition.

A Clear, Fresh Complexion

Silica, which you should already be taking for your hair and nails is also good for your complexion. But another salt is especially helpful for your complexion calc. sulph., a healer and purifier of the blood. If your face tends to break out, it is best to take calc. sulph. before the pimples start discharging pus. If they have already started to discharge pus, take kali mur. in addition. The cell salts should be taken every two hours until the pimples have discharged the pus. Then take the cell salts only twice a day, morning and evening. You might have to take the cell salts every time your skin starts to break out again. Both calc. phos. and kali sulph. help build new skin cells, but you should already be taking these anyway.

Also, for skin health, stay away from greasy foods and too much salt and sugar.

Natural Cell Salt Cosmetic

Avocado is one of the best cosmetics you can buy. You can create your own avocado cosmetics, or you can buy avocado creams at health food stores. Don't be fooled by products from large chemical cosmetic firms that use a dab of avocado for sales appeal. These products are still essentially chemical and may be irritating or even dangerous.

To create your own avocado cream, puree avocado and refrigerate it for three days. Then add one tablespoon of a multiple cell salts combination dissolved in water and wheat germ oil to the purée (or a health food store cream). The result will be a product that should help remove flabby jaw lines, sagging muscles, and crepe necks if it is used with consistency.

Why the avocado-cell salt mixture? Because avocados are nature's best emollient. They are rich in cell salts and natural humectant substance which draws water to itself. Water, not oil creates soft, beautiful skin, and avocado applied to the skin, with cell salts and vitamin E (in the form of wheat germ oil) added, is just about the best cosmetic there is. Use it in your cell salt beauty plan.

Avocados were first used as an emollient by the early Indians of the California and Mexican deserts. The Aztec word for the fruit was *ahuacatl*, which over the centuries became "avocado." The Indians knew something from experience that can now be proven with modern laboratory techniques. They knew they were reaching for health and beauty when they reached for the avocado. You can do the same, and add some extra health to it by putting in both cell salts and wheat germ oil. The vitamin E in wheat germ oil is also very important to skin health.

Use the avocado-cell salt cream on your face at night and start using the cell salts conscientiously in your diet.

Other Beauty Problems

For acne, hair and scalp problems, obesity, warts, heavy perspiration, sunburn, fatigue, and premature aging, check the Simplified Remedy Guide for appropriate treatments.

Section Two

Simplified Remedy Guide

How to Use This Guide

The Simplified Remedy Guide has been designed for easy use. After reading Chapters 10-14 you have an idea of what each of the 12 cell salts does. You have learned that while each salt is particularly suited for a specific condition, most ailments require more than just one remedy. You should take a combination of cell salts the combination that is particularly suited to you.

For almost anything that you want to treat, you should start with your own constitutional remedy. Your constitutional remedy is the cell salt that best matches your usual pattern of health and illness.

We suggest that you try *ferrum phos.* for most ailments. It will cure many illnesses by itself, and it is almost always an ingredient in combination remedies. *Kali sulph.* is a cell salt that you should take as a matter of course since it has a "synergistic" relationship with *ferrum phos.*

Remember that this book cannot make you a doctor. Medical study of the 12 cell salts is a specialized branch of medicine called homeopathy. To become a homeopathic doctor, you would have to go to medical school and, after graduating, undertake further study at a homeopathic hospital. When you use this book, keep in mind that you are a lay person. See your doctor about serious health conditions. Self-treatment can be risky unless it is accompanied by the help of professionals. At the same time, you can help your doctor if you become actively involved in your own care.

Look through the list of ailments that begins on page 126. Find the ailment that is bothering you. For example, let's say you are suffering from fatigue. You will discover that the use of calc. phos. is recommended. Look up the chapter reference, and you will discover that calc. phos. is described in Chapter 9, The Nutritional Cell Salt Remedy That Will Make You Feel Good All Over. Read that chapter and see whether it contains an accurate description of your health problem. If it does, try the remedy suggested.

How to Take the Remedies

Always take the cell salt remedies orally. The surest way to get the full effectiveness of a cell salt is to place a couple of tablets of it on the tongue. Don't drink or eat anything for 15 minutes before you take any cell salt. Let the pill melt on your tongue. Wait a half hour before you eat or drink anything. The idea is to let the triturated doses of the cell salt bypass the stomach, if possible. This assures that the cell salt will travel quickly and undamaged to the cells affected by disease or injury. When you need quick relief, such as for hiccups, dissolve the tablets in a glass of hot water and drink the water in quick sips.

Sometimes it is appropriate to apply the salts externally, although even if you apply the remedy externally it should also be taken internally. You can apply the remedy by dissolving two or three tablets or even more for combinations of remedies, in a tablespoon of hot water. After the tablets have thoroughly dissolved, dip some cotton in the liquid and dab it on the affected place. Another way to apply the remedy externally, which is the method generally used for first aid purposes such as for treating cuts or bruises, is to grind tablets in a chemist's mortar and pestle.

Remember that no biochemical pill can hurt you. The only thing that can happen is that conflicting remedies may lose their potency. Many practitioners of the biochemical system believe that coffee, camphor in lotions, tobacco, and alcohol can interfere with the efficacy of the remedies.

<http://www.resistance2010.com/page/biochemical-cell-salts>