

Cell Salts

Cell salts are based upon the work of W. H. Schuessler (1821-1896), a German homeopathic physician who founded the Biochemic system, which he outlined in his Twelve Tissue Remedies. The premise of cell salts according to Schussler is that they are essential to development and functioning of a healthy body. His premise is based upon his understanding of pathology and biochemistry of the era and not upon the provings of potentized substances as with homeopathic medicines. The cell salts are also used in homeopathic doses and have subsequently undergone provings that have added to the understanding of their therapeutic benefits. Generally, their benefit as cell salts, tend to be greater in lower potencies that contain a higher concentration of the actual substance.

Calc Fluor (Calcium Fluoride). Good for the formation of bones and teeth, and tooth enamel, elastic fibers of the skin, tendons and blood vessels. It is a great remedy for the formation of connective tissue and tooth development.

Calc Phos (Calcium Phosphate). It is the chief cell salt for bone growth and to help maintain acid and base balance and cellular metabolism. It is a very good cell salt for anemia and for children who are not developing properly.

Calc Sulph (Calcium Sulphate). Good for the skin and connective tissue it is useful when healing of skin is slow and there are abscesses or suppurations. It helps to rebuild damaged tissues and promote epithelial cell growth.

Ferrum Phos (Iron Phosphate). Strengthens blood by promoting the formation of hemoglobin and the uptake of oxygen. It is good for anemia and the early stages of inflammatory conditions and fevers.

Kali Mur (Potassium Chloride). An essential nutrient in muscle, nerves, blood and brain cells, it acts to help with protein fibrin formation, a constituent needed for normal cell growth.

Kali Phos (Potassium Phosphate). Good for nerve development and function as it is an important nutrient for the brain and nerves. It is used for any nervous system

condition as it helps to restore normal function.

Kali Sulph (Potassium Sulphate). Helps to carry oxygen and is beneficial for development of the skin. It helps in retaining natural skin oils and acts as an anti-friction cell salt. It is useful in the later stages of inflammation

Mag Phos (Magnesium Phosphate). It is especially good for muscle spasms and cramping be it musculoskeletal, intestinal or uterine. It helps to stabilize nerve function and helps to normalize muscle contraction.

Nat Mur (Sodium Chloride). Good for water regulation in the body as it acts to maintain a proper balance between the interstitial and intracellular fluid. It is good for conditions of the mucus membranes, lymphatics, liver, and spleen.

Nat Phos (Sodium Phosphate). Helps to regulate lactic acid in the body which can accumulate from drinking too much milk. Ailments from being too acid such as having a sour stomach.

Nat Sulph (Sodium Sulphate). Helps to eliminate excess water from cells as well as accumulated toxins. It is found primarily intracellular as opposed to Nat mur which is primarily extra cellular. Both act to balance water in the body.

Silicea (Silica). It is a basic nutrient for the formation of hair, nails and skin as well as nerves and bone. It is considered a great tissue cleanser but tends to work slower than the other cell salts. It has been termed the homeopathic scalpel because of its ability to extrude foreign objects or hasten the formation of an abscess or boil.

Bioplasma (Combination of all the cell salts) – Bioplasma is a combination of all of the tissue cell salts. It is best used in infancy and early childhood development to improve growth and development.

How to Administer

Generally these come in small tablets that can be chewed, swallowed, or crushed and put into water or juice. Depending upon what they are being used for, they can be given up 3

to 4 times per day. When using them to aid growth and development such as with Bioplasma, once a day is sufficient.