

Tissue Salts

-simplified-



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Introduction

My earliest memories around healing were formed by my grandfather, Dr PE Immelman. He was a dentist by occupation, but he studied alternative remedies extensively. More specifically, he studied Tissue Salts. He was the forerunner in our area regarding preventative dental healthcare.

I would spend hours watching him prepare containers with different types of minerals and salts, that he handed out to his dental patients, to improve their tooth brushing experiences, and oral health.

Due to circumstances, I lived with my grandparents. My grandmother only had three sons, and she loved having a little girl to care for. My grandmother was a qualified Botanist, and her love of plants eventually led me to becoming an Advanced Master Herbalist.

I will never forget the one night that I thought that I was dying of stomach aches. I was about 7, and I ended up sleeping in-between my grandparents on their bed. My grandfather was up every 20 to 30 minutes to get me tissue salts. I would calm down and finally fall asleep, and then wake up screaming, in tears, as another bout of cramps would seize me. And faithfully, but still half asleep, he would get the tissue salts and administer them to me. Every 20 to 30 minutes.

By morning, extremely tired from lack of sleep, I was well enough to go to school. I proudly received my 100% school attendance every year during primary school.

I can't remember ever going to a hospital, or being rushed off to a medical doctor, for anything! My grandfather was my doctor, and my grandmother was my soother.

Fast forwarding many years to when I was 38, I finally met Margaret Roberts in person. She was a well published author of various natural living and herbal books. She had an herb farm just a few minutes' drive from our town. She took me aside and we had a long in-depth discussion about natural health. I realised then that I had forgotten the teachings of my grandfather, and that I had been neglecting my own health over the years.

She signed all my books, and I will treasure them forever in my collection. Her daughter, Sandy, still runs the farm and education centre, and proudly keeps her mother's name and legend alive.

Margaret re-triggered my interest in natural healing. I started enrolling in various courses to satisfy my curiosity, and expand my knowledge. I eventually made a complete career change from the corporate world, and I am now fully dedicated to healing.

My husband calls me a Study-holic, and I definitely am! The amount of knowledge out there is so vast! I am always busy investigating and studying a new aspect of natural healing. I will never know everything, but I will never stop searching, learning and improving.

If you are interested in knowing more about my studies, you are welcome to refer to my short biography at: **xxxxxxx**

So What are Tissue Salts?

The amazing benefits of tissue salts often go unnoticed under the flood of over the counter prescriptions and the pharmaceutical media.

Tissue salts are micro minerals found naturally all around us. Mineral therapy was originally based on the Tissue Salts, which were identified by Dr. Wilhelm Schuessler (Germany) in 1873. Other names used are *Biochemical Cell Salts* or *Mineral Salts*.

Do NOT confuse them with ordinary table salts!

Background:

In the early nineteenth Century, Doctor W.H. Schuessler – noted German physiological chemist and physicist, identified 12 “tissue salts”, which he located in every human cell. These tissue salts or “Cell salts” are vital mineral constituents of the body. They combine with organic substances in the body to produce and maintain the infinite number of tissue-cells of which the human body is composed. Thus, any cell salt deficiency or imbalance may result in illness – the symptoms varying according to the deficient “biochemic” cell salt. Dr Schuessler found that if the body was lacking in any of these salts, loss of health occurred. However he went on to state that if the deficiency was corrected, the body could in fact, heal itself.

It is important to note that Schuessler`s Biochemic Cell Salts are NOT drugs, but valuable micro dose cell foods prepared homeopathically in an extremely subdivided form which ensures rapid and easy assimilation, for the speedy restoration of the natural balance of the body system.

These salts are important for the functioning of the cells of our body. The cells have to be in a state of homeostasis (balance) in order for your body to function properly. Mineral supplementation is used to improve a person's health and wellbeing.

The easiest way to explain it, is to compare it to plants: Just like mineral imbalances in the soil affect the health of plants (and also animals), so too can mineral imbalances affect the health of humans.

By using tissue salts, you eliminate most problems that you may be experiencing in your health. The other advantages include affordability, efficacy, safety of use for *all* ages, they are very easy to use and cause very little/no side effects. They are also beneficial for use during pregnancy and breastfeeding.

By micro-dosing (in very small amounts) they are extremely safe to use. They are absorbed easily and by the body, and enters the blood stream quickly, making their effects almost immediate.

Depending on where in the world you are situated, they will be available in a soft, soluble tablet or globule form, or even in liquid form.

They are safe to use on children, the elderly and weak, pregnant women, your pets and even on plants!

We will go into more detail about that in other discussions. ***However, be very careful of Silica if you are pregnant or have metal implants, as Silica is used to eliminate foreign objects from your body.***

They are available in numbers 1-12, and in some countries, combinations are also available in numbers 13-25. However, you ONLY

need to understand the first 12, so that you can use them in conjunction, if needed.

I always have a full set (1-12) in my medicine cabinet. At the slightest sign of discomfort, be it a headache, stomach ache, a flair up of anxiety etc, I turn to my trusty tissue salts.

Here is a quick break-down of the various tissue salts (1-12):

1	Calc. Fluor	Calcium Fluoride
2	Calc. Phos	Calcium Phosphate
3	Calc. Sulph	Calcium Sulphate
4	Ferrum Phos	Ferrum Phosphoricum
5	Kali. Mur	Kalium Muriaticum
6	Kali. Phos	Kalium Phosphate
7	Kali. Sulph	Kalium Sulphate
8	Mag. Phos	Magnesium Phosphate
9	Nat. Mur	Natrium Muriaticum
10	Nat. Phos	Natrium Phosphoricum
11	Nat. Sulph	Natrium Sulphate
12	Silica	Silicon Dioxide

Nr 1: Calc Fluor

Calcium Fluoride

Keywords: Elasticity, flexibility, tones mental facilities (indecisiveness)

Combines well with other tissue salts because of its toning properties. Essential for a growing child or an ageing adult. Also used in preventative dental care.

Skeleton

- Bone issues
- Fractures
- Gout
- Rheumatism
- Lower back aches
- Fatigue

(2 tablets, alternate with Nat Mur, every 4 hours. Continue for 14 days.)

Teeth

- Dental decay
- Sensitivity to heat and cold
- Build up deficient enamel

(Dissolve 4 tablets in warm water, rinse mouth well.)

Weight Loss

- Minimise build-up of fatty deposits
- Aid assimilation of fats and starches

(Take 1 hour before eating, or alternately Calc Phos)

Eyes

- Cataracts (Alternate 2 tablets Calc Flour with 2 tablets Calc Phos 4x a day)
- Eye pain/strain (1 tablet every 15mins, for an hour)
- Nervous ticks
- Pressure in eyes

Circulatory system

- Varicose veins
- Piles (make a cream with 10 Calc Flour and 6 Kali Sulph tablets in a cup of aqueous cream. Apply frequently to the area. Also take 2 tablets of each orally, under tongue, 3x a day)
- Bleeding piles (as above, but add Ferrum Phos)

Skin

- Chapped skin around nails, lips, heels, eczema (make a cream with 6 tablets Calc Flour and 6 tablets Silica, crushed, mixed into ½ cup of aqueous cream. Mix in 2 teaspoons Vit E oil, 1 tablespoon almond oil. Blend well and apply 2x daily)

Digestive system

- Hiccups
- Indigestion
- Vomiting undigested food

(1 tablet under tongue after a meal)

Female Issues

- Thick, clotty menstruation (2 tablets, 4x a day and rest 20 min, repeat 30mins later, and if needed, again)
- After a miscarriage (2 tablets, 2x a day)

Respiratory System

- Asthma (2 tablets under tongue every 15min until tightening is relieved)
- Post nasal drip and ear infection (2 Silica tablets, then 3x a day 2 Calc Fluor tablets)

Mood

- Sad or demotivated
- Lack of concentration

(2 tablets under tongue)

Intestines

- Constipation

(2 tablets 3x a day until it improves)

Urinary System

- Weak bladder
- Enlarged prostate

(2 tablets 3x a day)



Nr 2: Calc Phos

Calcium Phosphate

Keywords: Cell builder, tonic, recuperation, teeth, bones and nails.

Rebuilds cells in the body, gives an overall lift.

Skeleton

- Brittle bones
- Backache
- Slow closing fontanelles in babies
- Poor memory
- Bad temper

(1 tablet, 4x daily)

Teeth

- Delayed dentition
- Impacted teeth
Teething in babies (use liquid rubbed onto their gums)
- If accompanied by bleeding gums (combine with Calc Fluor)

(1 or 2 tablets, 3x daily)

Weight

- Keep appetite in check
- Rid excess body weight

(2 tablets Calc Phos and 2 tablets Calc Fluor, alternately, an hour before a meal)

Eyes

- Light sensitivity
- Pink eye

(Take 2 tablets, 3-6x daily, until gone)

Circulatory system

- Numb, cold hands
Clammy and pins and needles in in hands (2 tablets, 4x daily)
- Low blood pressure (2 tablets Calc Phos and 2 tablets Nat Mur, 3x daily)

Digestive system

- Poor appetite in children
- Colic (liquid form, 4-6 drops, every 10-15 mins)
- Indigestion, bloating, flatulence and acidity (2 tablets Calc Phos and 2 tablets Mag Phos and 2 tablets Nat Phos after a meal)
- IBS (combine with Kali Phos and Nat Sulp)
- Ease salty cravings (use with Nat Mur)

Female Issues

- Menstrual cramps (1 tablet Calc Phos and 1 tablet Mag Phos, taken frequently until it's comfortable)
- Pregnancy for babies' bone development (2 tablets Calc Phos, 3x daily during pregnancy and breast feeding)
- Carry baby to full term

Respiratory System

- Colds, bronchitis
- Tonsilitis
- Post nasal drip and ear infection (1 tablet 3 or 4x daily)
- Sore throat (crush and dissolve 6 tablets in ½ a glass warm water and sip frequently)

Mood

- Grief and loss
- Lack of concentration

(1 tablet under tongue, 3x daily, combine with Kali Phos)

Skin

- Pimples and pasty skin
- Acne

(1 tablet 3x a day)

Urinary System

- Bed wetting
- Kidney stones
- Acidity

(2 tablets 3x a day, combine with 1 tablet Nat Phos)

Nr 3: Calc Sulph

Calcium Sulphate

Keywords: Blood purifier, eliminator, rejuvenation, inflammation

Cleanses the body of toxins.

Skin

- Acne
- Fever blisters
- Slow healing wounds

(2 tablets, 3-6x daily, under the tongue)

Eyes

- Eye infections
- Watery eyes

(Take 2 tablets, 3-6x daily, until gone)

Ears

- Blocked, ringing ears
- Dark wax secretion

(1 tablet, 6x daily under tongue PLUS 1 crushed tablet dissolved in warm water, applied with cotton wool to clean ears)

Digestive system

- Control salt cravings
- Stomach ulcers
- Stimulate appetite
- Indigestion

(2 tablets, 4x daily)

Mouth

- Bleeding gums
- Mouth ulcers

(2 tablets, 4-6 times daily)

Respiratory System

- Sore throat
- Tonsillitis
- Blocked nose and sinusses
- Pneumonia

(Combine with Kali Sulph for persistent sore throat etc, Combine with Ferrum Phos for the onset of colds)

Circulatory System

- Sluggish liver
- Skin eruptions
- Burning under feet

(2 tablets, 4x daily)

Pancreas, Kidneys

- Bladder infections
- Toxin build-up

(1 tablet 3-4x a day)

Nr 4: Ferrum Phos

Ferrum Phosphate

Keywords: Oxygen carrier, anti-infection and anti-inflammation.

Carries oxygen to cells and strengthens bloodvessel walls.

Head

- Dizziness
- Fainting
- Throbbing headaches

(2 tablets, repeat at least twice)

Eyes

- Bloodshot and burning eyes
- Sandy eyes

(Take 2 tablets, every 20-30 mins)

Ears

- Earache

(1 tablet, every 20 mins)

Infections

- At the first sign of infection

(2 tablets, every 15-30 mins. Children and animals only 1)

Mouth

- Inflammation
- Mouth ulcers
- Toothache (2 tablets Ferrum Phos, and 2 tablets Mag Phos, frequently until you can get to a dentist)

(6 tablets, crushed with 2 teaspoons salt and 6 tablets, Mag Phos mixed in warm water. Gently swish around.)

Respiratory System

- Onset of a cold, sore throat
- Chronic chest and nasal infections

(1 tablet of each: Ferrum phos, Calc Sulph and Kali Sulp every 20 mins for 3 hours)

Pregnancy

- Nausea (2 tablets of Ferrum Phos and 2 tablets Kali Mur, 4x daily)
- Incontinence (1 tablet of each: Nat Phos, Nat Sulph and Ferrum Phos)

Circulatory System

- Heart palpitations
- Nose bleeds
- Bleeding from an injury

(2 tablets, every 15 mins until symptoms subside)

Digestive System

- Nausea
- Diarrhoea
- Food allergies

Female issues

- Irregular menstruation (2 tablets, 3x daily, regularly throughout the month)
- Excessive bleeding
- Menopause (2 tablets, 4-8x daily)

Skeleton

- Rheumatism
- Stiff shoulders
- Sore joints

(2 tablets, every 30 mins, then 3-5x daily)

Urinary System

- UTI (2 tablets Ferrum Phos and 2 tablets Nat Phos, every 15mins for 2 hours, thereafter every 2-3 hours for a day)
- Bedwetting (2 tablets, 4x daily)

High Blood Pressure

(2 tablets Ferrum Phos and 2 tablets Kali Phos , 2-3x daily)

Mood

- Irritability
- Depression
- Forgetfulness
- Panic attacks

(2 tablets of each: Calc Phos, Ferrum Phos and Kali Phos, 3-5x daily)

Nr 5: Kali Mur

Kalium Muriaticum (Potassium Chloride)

Keywords: Decongestant, blood and lymph cleanser, wate eliminator, inflammation reducer.

Builds fibrin that forms part of every body tissue, works on white mucous discharge.

Head

- Dandruff (take it long term)

Eyes, ears, nose, throat

- Thick white mucois
- Crackling sound in ears/sinuses
- Tonsils and adenoids swollen

(Take 2 tablets, every 20 mins, until condition clears)

Mouth

- Thrush
- Great for babies (liquid form)

Digestive System

- Sluggish liver
- Jaundice

- Heart burn
- Alcoholism (liver overload)

(2 tablets, 3-4x daily)

Female Issues

- Bloating
- Menstrual pain
- Cystitis, cystic fibrosis

(2 tablets of each: Kali Mur, Ferrum Phos, 3x daily)

Male Issues

- Enlarged prostate

(2 tablet of each: Kali Mur, Silica and Calc Flour, every hour, for 6 hours. Thereafter, 3-4x daily)

Respiratory System

- Secondary bronchitis
- Wheezing chest
- Emphysema (2 tablets of each: Kali Mur and Calc Fluor, every 30 mins, thereafter 4x daily)

(2 tablets, every 15 mins)

Skeleton

- Backache
- Arthritis
- Rheumatism

Childhood Diseases

- Chicken pox
- Measles
- Scarlet Fever
- Mumps
- Cradle cap
- Vaccine bumps (crusts)

Lotion for itching: 30 liquid Kali Mur in 1 cup water, dab onto skin with cotton wool, AND take 2 tablets every 30mins for first day, then 6x daily.

Various

- Immune system deficiencies
- Recurring infections
- Hay fever
- Flatulence
- Blisters
- Candida
- Snoring
- Warts
- Eczema

Nr 6: Kali Phos

Kalium Phosphate

Keywords: Brain and nerve tonic, uplifts, antiseptic, tranquiliser.

Relieve day-to-day pressures, help you to cope.

Mind

- Anxiety and stress
- Exam time
- Depression
- Pick-me-up (2 tablets of each: Calc Phos and Kali Phos, use until not needed)

(Take 2 tablets every 10-15 mins) or (2 tablets, 6x daily)

Head

- Headache at back of head with dizziness (2 tablets, every 10 mins)
- Epilepsy and neuralgia pain (2 tablets of each: Kali Phos and Mag Phos, every 10 mins)

Eyes and ears

- Vision distortions
- Eye strain from computer screen
- Throbbing, swollen ears

(2 tablets, 6x daily)

Digestive System

- Gassy bowel
- Diarrhea

(3 tablets, 4-6x daily)

Circulatory System

- Dizziness
- Vertigo
- Faintness

(2 tablets of each: Kali Phos and Mag Phos every 10 mins until clear)

Respiratory system

- Asthma
- Hay fever

(2 tablets of each: Kali Phos and Mag Phos every 10 mins until clear)

Female Issues

- PMS
- Pregnancy – onset of labour

(2 tablets of each: Kali Phos and Mag Phos every 10 mins until clear)

Male Issues

- Impotence

(2 tablets, 3-6x daily)

Skin

- Eczema
- Shingles

(2 tablets of each: Kali Phos and Mag Phos, every 30 mins, thereafter 4x daily)

Nr 7: Kali Sulph

Kalium Sulphate (Potassium Sulphate)

Keywords: Distribution of oxygen, building new cells

Blends well with other salts, effects are less dramatic, but crucial, and often overlooked.

Skin

- Scaly
- Discharge
- Psoriasis
- Eczema
- Ringworm
- Blisters (even from chicken pox)

(Make a lotion: 20 liquid drops in ½ cup warm water, dab on affected area) or (2 tablets, 3-5x daily)

Eyes

- Failing vision
- Itchy eyelids

(2 tablets, 3x daily)

Head

- Sinus congestion
- Hair loss

- Fuzzy thinking

(2 tablets, 3-4x daily)

Ears

- Blocked ears
- Thick, dark wax

(2 tablets, 4-6x daily)

Respiratory System

- Chest infections

(2 tablets, 4-8x daily)

Digestive System

- Thick yellow coating on tongue
- Sugar cravings
- Haemorrhoids
- Colic

(2 tablets, every 15 mins until it clears)

Female Issues

- Hot flushes (2 tablets, 3x daily)
- Cystitis (2 tablets, 4-6x daily)
- Backache due to menstruation (2 tablets, 4x daily)

Nails

- Fungal infections
- Flaking/peeling

(2 tablets, 4x daily, for 10 days)

Bones/joints

- Sore and stiff joints
- Rheumatism

(2 tablets of each: Kali Sulp and Mag Phos, 10x daily)

Nr 8: Mag Phos

Magnesium Phosphate

Keywords: Pain killer, muscle relaxant, anti-spasm

An anti-spasmodic, general painkiller and nerve and muscle relaxant.

Head

- Neuralgic headaches
- Toothache
- Tetanus

(2 tablets, every 10-20 mins, until it is relieved)

Eyes

- Sparks, flashes, colours
- Blurred vision
- Squinting

(2 tablets, every 10-20 mins until it eases up)

Ears

- Ringing
- Earache

Digestive System

- Heartburn
- Flatulence
- Hunger pains (but eat something!)
- IBS
- Diarrhea

(3 tablets, 4x daily)

Respiratory System

- Bronchial spasms
- Croup
- Asthma
- hiccups

(Use together: 2 tablets each of Kali Mur and Mag Phos every 10 mins)

Urinary System

- Painfull
- Bed wetting in children

(Children: 1 tablet, 3x in afternoon before bedtime) (Adults: 2 tablets, 10x daily)

Female Issues

- Menstrual cramps
- False labour pains
- Hot flushes

Male Issues

- Frequent urination

(2 tablets, every 30 mins until it eases)

Nr 9: Nat Mur

Natrium Muriaticum (Sodium Chloride)

Keywords: Water balance, osmosis

Plays a major role in distributing water in the body. Essential for balance.

Head

- Headaches (first sign: 2 tablets, every 10 mins, for 40 mins)
- Sunstroke

(2 tablets, every 10-20 mins, until it is relieved)

Eyes and nose

- Dry and itchy
- Bags under eyes
- Runny nose
- Dry, itchy nose

(2 tablets, every 10 mins until it eases up)

Mouth

- Ulcers on gums
- Extreme dryness
- Extreme salivation
- Fever blisters

Digestive System

- Heartburn
- Indigestion
- Diarrhea and constipation (2 tablets, every 10-20 mins)

(4 tablets, every 5-10 mins)

Skin

- Eczema and chicken pox (wet and dry) (20 liquid drops in ½ cup warm water, dab on area)
- Rashes
- Insect bites/stings (2 tablets, every 10 mins for an hour)
- Shingles (2 tablets of each: Nat Mur and Mag Phos, alternating 10x daily)

Urinary System

- Frequent urination

(2 tablets, 4-8x daily)

Circulatory System

- Cold hands and feet
- Haemorrhoids (make a lotion AND 2 tablets, 4-8x daily)

Female Issues

- Irregular menstruation
- Twitching in sleep
- Sadness before menstruation

- Uterine cramps (use Mag Phos and Nat Mur, 2 tablets each, every 10- 20 mins)
- Decreased libido (2 tablets, 3-6 times daily – comes with a headache)
- Nymphomania (Use 2 tablets of each: Nat Mur, Calc Phos and Silica, 10x daily)

Pregnancy

General feeling of sickness, nausea etc

(2 tablets, 4-10x daily)

Nr 10: Nat Phos

Natrium Phosphoricum

Keywords: Acid/alkaline balance

Break down lactic acid, and keeps uric acid in the blood soluble.

Head

- Headaches accompanied by sour belches, diarrhea etc (acid)

(2 tablets, every 10mins until it subsides)

Digestive Issues

- Diarrhea (sour)
- Worms
- Indigestion (2 tablets before AND after a meal)

(2 tablets, every 10 mins for about an hour)

Bones

- Rheumatism
- Arthritis
- Joint pain
- Gout

(2 tablets, every 20 mins until eased)

Eyes

- Eye infections
- Discharge

(5 tablets, every 15 mins for an hour, then every hour until clear)

Skin

- Itchy hands, anus etc

(20 liquid drops in ½ warm water, dab on areas frequently)

Teeth

- Grinding

(2 tablets, 4x daily)

Female Issues

- Cystitis
- Excessive vaginal secretion with a sour smell

(2 tablets, 4x daily) Can also mix with warm water to douche with.

Nr 11: Nat Sulph

Natrium Sulphate

Keywords: Detox, regulator, liver, pancreas

Controls the density of intercellular fluids, by secreting toxins and water from the body.

Head

- Headaches accompanied nausea

(2 tablets, every 10mins until it subsides)

Respiratory Issues

- Asthma (2 tablets up to 14x daily in wet conditions)
- Coughing fit (6 tablets in ½ cup warm water, dissolved, sip)

Digestive System

- Diabetes (liquid form only! 10 drops in 1.2 cup water, 3x daily)
- Grey covering on tongue (2 tablets, every 30 min until it eases)

Bones

- Any discomfort, cracks and pains

(6 tablets, every 30 mins until wased)

Female Issues

- Genital itching (2 tablets, 4-8x daily)

(Make a douche/lotion: 10 tablets dissolved in 500ml warm water and ½ cup apple cider vinegar, for topical application)

Mood

- Nightmares
- Fear
- Depression
- Suicidal tendencies

(2 tablets, 6x daily)

- Insomnia (2 tablets, every hour from 5pm until bedtime)

Nr 12: Silica

Silica Quartz

Keywords: Toxin eliminator

Lack of perspiration stops toxin excretion through the skin, a clear sign of Silica deficiency. Will eliminate any foreign matter.

NOTE: Be careful if you have metal implants or breast implants – it can be dissolved!) Avoid during pregnancy.

Head

- Dandruff
- After a stroke
- Hair loss
- Chronic headache with dizziness

(2 tablets, 4-10x daily)

Eyes and ears

- Twitching eyelids
- Cataracts

(Take 2 tablets of each: Calc Flour and Silica, 4x daily)

Mouth

- Sores
- Ulcers
- Abscess

(6 tablets in ½ glass warm water, gargle and whirl 2x daily) AND (2 tablets, 4x daily)

Bones

- Bachache
- Sciatica
- Swollen feet

(7 tablets, 4x daily)

Digestive System

- Indigestion
- Diarrhea

(2 tablets every hour)

Respiratory System

- Tonsillitis
- Bronchitis

(2 tablets, 6x daily)

DO NOT use for TB!

Female and male issues

- STD's

(2 tablets, 2-6x daily)

Conclusion:

The tissue salts are affordable, and can eliminate any underlying issues that can cause discomfort, and disease.

By treating the underlying issue, you will mostly solve larger issues and have a healthier life.

I hope that I have inspired you to look at disease from a different perspective. There are so many alternatives to treating disease, and to keep them at bay!

For more information on Holistic health and healing, please visit my website: www.aliveholistic.com

Wishing you great health and happiness,

Maxine

