

## Biochemical Tissue Salts



Dr Schuessler developed the 12 tissue salts using biochemistry (chemistry of living tissues). He found that there are 12 inorganic minerals present in the body which he called 'tissue salts' also known as cell salts. A proper balance of these vital mineral salts is necessary for normal cell function and to maintain good health. Schuessler believed that a balance of the vital salts could be re-established by taking the salts in a readily assimilated form, in this case homeopathically prepared micro doses, that pass quickly into the bloodstream and into our cells. Tissue salts are used for a wide variety of mainly physical conditions including bone health, nerve and digestive issues, muscle cramps and skin problems. A list of the individual tissue salts and combinations are below

### Individual tissue salts:

**Calc Flour** (Calcium Fluoride) – supports elasticity of muscular tissue and supporting membranes, helps varicose veins, piles, sluggish circulation and cracks in the skin.

**Calc Phos** (Calcium Phosphate) – promotes healthy cellular activity and restores tone to weakened organs and tissues and formation of bone and teeth.

**Calc Sulph** (Calcium Sulphate) – blood purifier and healer and has a cleansing and purifying effect on the whole body.

**Ferr Phos** (Iron Phosphate) – oxygen carrier, helps congestion, inflammatory pain, high temperature, a quickened pulse, anaemia and as a first aid remedy for haemorrhages.

**Kali Mur** (Potassium Chloride) - for sluggish conditions. Deficiency results in thick, white discharges including catarrh and a white-coated tongue. It is also concerned with the production of saliva and important in the early stages of digestion.

**Kali Phos** (Potassium Phosphate) – nerve nutrient and the remedy for nervous complaints such as nervous headaches, sleeplessness, depression, low vitality, weariness and treating irritating skin ailments such as shingles. Works well with Mag Phos.

**Kali Sulph** (Potassium Sulphate) – works with Ferr Phos as an oxygen carrier and has a beneficial effect on respiration. It is indicated for sticky, yellowish discharge from the skin or mucous membranes.

**Mag Phos** (Magnesium Phosphate) – the anti spasmodic tissue salt, its main function is in connection with the nervous system and it works well with Kali Phos. It helps nerve pains, neuralgia, sciatica, headaches with shooting pains, muscular cramps, menstrual pains and twinges of pain.

**Nat Mur** (Sodium Chloride) – the water distributing tissue salt, it is in the composition of every fluid and solid in the body. It maintains the proper degree of moisture throughout the system and helps water retention, headaches, constipation, digestion, colds with watery mucous, sneezing, hayfever, chafing skin, hang nails and craving for salty food.

**Nat Phos** (Sodium Phosphate) – is an acid neutraliser and the principal remedy for ailments arising from an acid condition of the blood and the proper functioning of digestive organs. It helps acid dyspepsia, pain after eating and similar digestive disorders, rheumatism, lumbago and similar ailments.

**Nat Sulph** (Sodium Sulphate) – regulates the density of intercellular fluids by eliminating excess water and controls the healthy functioning of the liver and ensures an adequate supply of healthy bile and detoxification of poison charged fluids. It is used for rheumatic ailments, liver complaints e.g. biliousness, humid asthma and similar conditions.

**Silica** (Silica Oxide) – is a cleanser and eliminator that helps the body throw off non-functional organic matter. It is a constituent of hair, skin, nails and surfaces of the bones and acts as an insulator for the nerves. It helps abscesses, boils, styes, brittle nails, hair loss, dyspepsia and stomach pains.

### Combinations include:

**Acidity:** Nat Phos, Nat Sulph, Silica, Mag Phos

**Anaemia:** Calc Phos, Ferr Phos, Kali Mur, Nat Mur, Nat Phos

**Backache:** Ferr Phos, Kali Mur, Calc Flour, Mag Phos

**Biliousness:** Nat Sulph, Kali Mur, Ferr Phos

**Brain Support:** Calc Flour, Kali Mur, Mag Phos, Kali Phos

**Bronchial Support:** Ferr Phos, Kali Mur, Nat Sulph, Silica

**Catarrh:** Ferr Phos, Kali Mur, Kali Sulph, Nat Mur

**Colds:** Ferr Phos, Kali Mur, Nat Mur, Calc Phos  
**Colic:** Mag Phos, Nat Sulph  
**Constipation:** Kali Mur, Nat Mur, Calc Flour, Nat Phos  
**Ear aches:** Ferr Phos, Kali Mur, Nat Mur, Kali Phos, Calc Sulph, Mag Phos, Kali Sulph  
**Haemorrhoids:** Ferr Phos, Calc Flour, Calc Phos  
**Hair loss:** Kali Sulph, Silica, Nat Mur  
**Hayfever:** Nat Mur, Mag Phos, Silica, Kali Phos, Ferr Phos  
**Headache:** Kali Sulph, Nat Mur, Nat Sulph, Nat Phos, Calc Phos, Calc Sulph  
**Influenza:** Nat Sulph, Ferr Phos, Kali Mur, Calc Phos  
**Sciatica:** Ferr Phos, Mag Phos, Kali Phos, Nat Sulph  
**Sinus:** Ferr Phos, Calc Phos, Nat Mur, Kali Sulph, Calc Flour, Silica  
**Vertigo:** Ferr Phos, Kali Phos, Nat Sulph, Mag Phos, Nat Phos  
**Minor wounds, Sprains and Strains:** Ferr Phos, Kali Mur, Calc Sulph, Calc Flour, Silica, Nat Sulph, Calc Phos

**12 Combination Tissue salts:** during convalescence/poor nutrition.

**Pregnancy programme:**

Kali Phos, Nat Sulph, Kali Mur, Calc Flour (first trimester)  
Mag Phos, Nat Phos, Kali Sulph, Calc Sulph (second trimester)  
Ferr Phos, Nat Mur, Calc Phos, and Silica (third trimester)

**Additional combinations are available on request.**

For more information or request tissue salts, please contact Michelle Sorrell (details below).



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