

Cell Salt Singles are Packed with Potential!

These special homeopathic single remedies let you work with natural mineral compounds to help your body access what it needs to keep cells, organs and systems healthy and in sync.

Calcarea fluo **Elasticity Expert Cell Salt**

Schuessler found *calcium fluoride* played a critical role for elasticity in veins, muscles, skin and other tissues. Its cell salt's *forté* involves helping the body ease symptoms of inflexibility or laxness in tissues that are struggling to bounce back from injury, pregnancy, growing, aging or illness. These symptoms may be as varied as *stretch marks, hemorrhoids, varicose veins, and muscular weakness*, as well as *backache, lumbago, minor joint pains, weak ankles, repeated sprains and weak teeth*. Its *joint and lower back pain symptoms* are very similar to the prominent joint stiffness single Rhus tox—i.e., joints feel worse in cold wet weather, sitting still and on beginning to move, and improve with gentle continued movement and heat.

CAFL 500 tabs (6X & 30X) \$12.00 • 160 pellets (30C & 200C) \$9.99

Calcarea phos **Structural Support Cell Salt**

Growing? Aging? Overdoing it? Schuessler formulated this remedy from *calcium phosphate* to give us a cell salt for symptoms related to *growth, excess study, mental work, sweets, physical stress, etc.* Its relief extends to many complaints including: *headaches, weakness and a general discontent, slow-healing wounds, joint pain, back pain, weak digestion, minor iron deficiency and heavy periods*. Key indicators include a desire for change or travel, cravings for fatty, salty foods and an intolerance for dairy products or fruit. On a constitutional level, it applies to those who feel very discontented, dissatisfied; they may complain, want to move to find happiness somewhere else, but can be friendly and open.

CAPH 500 tabs (6X & 30X) \$12.00 • 160 pellets (30C & 200C) \$9.99

Calcium sulph **Sinus & Skin Cell Salt**

When Schuessler found *calcium sulphate* to be a vital part of our cleansing systems, he indicated we use it to help the body mend *slow-healing wounds, skin disorders, pimples, sore throats* and other conditions which tend to suppurate—form yellow pus. Calc sulph offers clearing support when we need to *cleanse cold and allergy symptoms* if thick yellow mucus causes *eye irritation, runny noses and nasal blockage*. It is most suited to allergic individuals who enjoy walking in the open air, though it can help us all when indicated. Calc sulph's symptoms are aggravated by heat and stuffy rooms. T. F. Allen says Calc sulph applies best to those who, "*desire to weep and to be miserable, alone, and unhappy.*"

CASU 500 tabs (6X & 30X) \$12.00 • 160 pellets (30C & 200C) \$9.99

Ferrum phos **Anti-irritation, Iron Cell Salt**

With 'lack of prominent symptoms' as a key indication, this is a very friendly remedy. On finding *iron phosphate* in blood cells and tissues, Schuessler advised we use this cell salt to relieve diverse symptoms: *minor infections, frequent colds, injuries, bruising, nose bleeds, heat fatigue, low fevers, etc.* Key symptoms for Ferr phos include paleness, redness, heat, throbbing or low fever especially with *early stages of common colds* and other minor irritations or ailments (*low fever, bronchial irritation, congestions, minor joint pains, fatigue, skin eruptions, etc.*). While everyone can benefit from Ferrum phos at times, it can be the most for those who catch cold easily and tend to be pale with flushed cheeks; are nervous, sensitive and/or timid. When symptoms are scarce but something is not right, it's nice to know you can turn to this remedy for worry free support.

FEPH 500 tabs (6X & 30X) \$12.00 • 160 pellets (30C & 200C) \$9.99

Claims based on traditional homeopathic practice, not accepted medical evidence.

Not FDA evaluated.

Kali mur *Goodbye to Congestion Cell Salt*

Clearing congestion before white phlegm matures to yellow, saves energy and distress. Schuessler found *potassium chloride* to be important for breaking down white mucus and discharge (fibrin). The remedy, Kali mur, helps the body cleanse symptoms of *colds, coughs and sinus congestion* when troubled by white mucus, as well as *thrush, pimples, blisters or eruptions* with white discharge or spots. When marked with a white coated tongue, its cleansing applications extend to symptoms of *heartburn, acidity, gas, diarrhea and sick headaches*. Esteemed homeopath Frans Vermeulen states that constitutionally, Kali mur has the typical Kali traits "conservative, regular, proper, down to earth," but when out of sorts, this one can be quarrelsome with an aversion to noise and company.

KAMU 500 tabs (6X & 30X) \$12.00 • 160 pellets (30C & 200C) \$9.99

Kali phos *Nerve Nutrient Cell Salt*

With potassium phosphate, Schuessler knew he had a substance key to nerve, brain and other cells. Thus he worked with Kali phos and found it gives revitalizing support when symptoms following injury, illness, stress or sadness include a heavy, yet *restless fatigue* or *physical weakness*. When pain results, it relieves symptoms of *nervous headaches, backache, low back pains that extend down the thigh, other pains and buzzing noises*. On the emotional level, its symptoms include *temper tantrums, occasional sleeplessness, nightmares, hypersensitivity, sadness and gloom*. FYI: Clinically, this remedy's source, *potassium phosphate*, is usually recommended with *sodium phosphate*, for treating low phosphorus levels.

KAPH 500 tabs (6X & 30X) \$12.00 • 160 pellets (30C & 200C) \$9.99

Kali sulph *Restorative Cell Salt*

Schuessler found *potassium sulphate* essential for the transfer of oxygen and is important to our skin, mucus membranes and respiratory systems. The remedy Kali sulph helps clear out conditions with yellow mucus or discharges including: symptoms of *colds, croupy coughs, sinus or ear congestions; plus vaginal irritation or diarrhea*. Its skin symptoms include: yellow flaky *dandruff, skin eruptions or itchy rashes*. Other symptoms that identify Kali sulph include a *yellowish coating on the tongue, sensitivity to heat, shifting joint pains and minor wheezy bronchial irritation*. It can do the most for those who feel hurried, yet irritable when under stress, and who feel a *heavy fatigue* with a boxed-in feeling.

KASU 500 tabs (6X & 30X) \$12.00 • 160 pellets (30C & 200C) \$9.99

Magnesia phos *Antispasmodic Cell Salt*

In what might be Schuessler's finest hour, he linked the magnesium in the body to the mineral compound *magnesium phosphate*. He attributes this remedy's success to magnesium's importance in the connection between nerves and muscles. Mag phos is stellar for relieving and relaxing symptoms of *cramps, spasms and radiating pains*. This fast-acting remedy stimulates healing relief for symptoms as diverse as *leg cramps, muscle spasms and tension, menstrual cramps, fitful coughs, abdominal pain, colic and hiccups*, as well as *backache, pain from low back to right thigh, facial pain, minor tics, toothache, stabbing headaches and weariness*. When pain is a catch-22 of tension and more pain, Mag can help you relax. Anytime symptoms improve with heat and worsen with cold, Mag phos may prove a wise companion. Sipping hot water with Mag phos tablets can speed its action.

MAPH 500 tabs (6X & 30X) \$12.00 • 160 pellets (30C & 200C) \$9.99

Your Choice! Like all our singles, these are readily available in X and C potencies: 6X and 30X are packaged in 500 tablet bottles for \$12.00, 30C and 200C in 160 pellet vials for \$9.99. See website for more about Cell Salts!



Natrum mur *The Hydrating Cell Salt*

Proven by Hahnemann, perfected by Scheussler, Nat mur is from real salt, *sodium chloride*, the drying nature of which is both helpful and harmful. Nat mur can help our bodies resolve diverse issues with telltale dryness. Its congestion symptoms feel dry even with clear runny mucus that is thickening: *sinus pressure, post nasal drip, hay fever, dry sore throats, cold symptoms*. Its skin symptoms include: *dryness, flaky skin (dandruff), cracked lips, minor sore spots in the mouth*. Other physical symptoms may include: *blinding headaches, lower backache, constipation*. Emotionally, dryness becomes idiomatic with poorly circulated stress—*suppressed grief, disappointments, haunting memories*. Complaints improve with fresh air and deep breathing and worsen with consolation and hormonal changes. *Salt's Like Cures Like example, p. 23.*
NAMU 500 tabs (6X & 30X) \$12.00 • 160 pellets (30C & 200C) \$9.99

Natrum phos *The Antacid Cell Salt*

Schuessler credits *sodium phosphate*, known today as a common food additive and colon cleanser, with breaking down stomach acids, lactic acids in muscles and acidic deposits in joints. Thus he attributes its cell salt with diverse healing applications. Acidity and digestive woes go hand in hand, thus Nat phos helps systems trying to digest fatty or sugary foods or drinks (including alcohol) find relief for symptoms of *sugar irritation, sour indigestion, heartburn, gas or diarrhea*. When muscles and joints ache, cramp and stiffen, especially after a fright or exercise, Nat phos helps ease *muscular pain* and *stiffness*. *Sick headaches, irritated joints, fatigue and indifference* can all be acid-related, especially if tongue has a yellow coating.
NAPH 500 tabs (6X & 30X) \$12.00 • 160 pellets (30C & 200C) \$9.99

Natrum sulph *A Cleansing Cell Salt*

Sodium sulphate's cell salt has an aptitude for helping a range of digestive, respiratory, pain and emotional symptoms, especially if complaints are aggravated by dampness past or present—cold wet weather or damp places. Best known for its support of digestive organs, Nat sulph relieves diverse symptoms of *nausea, sick headache, sour vomiting, heartburn, bitter belching, hiccups, colic, indigestion, painful yellowish diarrhea and a frequent need to urinate*. For cold and congestive symptoms, it applies to *profuse yellow mucus, rattling cough and acute humid wheezing*. Following a medical evaluation by a licensed practitioner, Nat sulph can prove very beneficial when *emotional changes, confusion or bursting headaches* follow physical trauma. Other Nat sulph symptoms include: *minor joint or back pain*, esp. low back pain that extends downward, a brownish tongue coating, periodic sadness and a craving for fresh, warm, dry air.
NASU 500 tabs (6X & 30X) \$12.00 • 160 pellets (30C & 200C) \$9.99

Silica *Strengthening 'Grit' Cell Salt*

Silicon dioxide/quartz is just as important to our skin, nails and structural tissues as it is for plant stems and trees that need it to stand upright. Schuessler found that Silica lends strength and helps the body expel or root out congestions and irritants, especially in weakened tissues or individuals. In skin applications, Silica helps the body eliminate *splinters, acne, eruptions, corns and fungus issues such as athlete's foot*. For other organs, Silica helps efforts to cleanse symptoms of *sore throats, mature coughs, sinus and ear congestion as well as constipation and diarrhea*. Other diverse symptoms that indicate its use include: *pale skin, nervous irritability, timidity, fatigue, a lack of vital beat; weakness in ankles, skin, hair and nails*; a tendency to feel better with warmth and much worse in a cold draft.
SILI 500 tabs (6X & 30X) \$12.00 • 160 pellets (30C & 200C) \$9.99