

## Cell Salt Guide for General Usage

<b>Calc Fluor</b> (Calcium Fluoride)	<ul style="list-style-type: none"> <li>Restores flexibility &amp; elasticity</li> <li>Supports bone growth</li> </ul>	Varicose veins, hemorrhoids, low back pain, muscular issues, arthritic or injured joints
<b>Calc Phos</b> (Calcium Phosphate)	<ul style="list-style-type: none"> <li>Aids proper growth and development of bones</li> <li>Tooth formation</li> </ul>	Afflictions of the bones, issues with teeth, growing pains, iron deficiency, sugar highs
<b>Calc Sulph</b> (Calcium Sulphate)	<ul style="list-style-type: none"> <li>Skin conditions</li> <li>Cleansing Congestions</li> </ul>	Wounds, acne (puberty), eczema, yellow discharge
<b>Ferrum Phos</b> (Iron Phosphate)	<ul style="list-style-type: none"> <li>Oxygen carrier</li> <li>Anti-inflammatory</li> </ul>	Fevers, colds, congestion, fatigue, ear pain, redness, heat sinus headaches, iron deficiency
<b>Kali Mur</b> (Potassium Chloride)	<ul style="list-style-type: none"> <li>Aids digestion</li> <li>Reduces congestion</li> </ul>	Colds, sinus issues, ear congestion, slow digestion
<b>Kali Phos</b> (Potassium Phosphate)	<ul style="list-style-type: none"> <li>Nerve nutrient</li> </ul>	Nervous or stress headaches, backache, neuralgic pain, spinal nerve pain, sadness
<b>Kali Sulph</b> (Potassium Sulphate)	<ul style="list-style-type: none"> <li>Supports perspiration and respiration balance</li> <li>Maintains healthy hair</li> </ul>	Skin & scalp conditions, croupy cough, joint stiffness, yellow coating on the tongue
<b>Mag Phos</b> (Magnesium Phosphate)	<ul style="list-style-type: none"> <li>Critical to the connection between nerves and muscles</li> <li>Relaxes spasms, cramps and radiating neuralgic pains</li> </ul>	Leg cramps, muscle spasms, backache, headaches, menstrual cramps, nerve pain, tension, radiating pains
<b>Nat Mur</b> (Sodium Chloride)	<ul style="list-style-type: none"> <li>Maintains a proper degree of moisture throughout the system</li> <li>Aids nutrition, dryness issues</li> </ul>	Water distribution problems, dry skin & chafing, headaches, colds, constipation, emotional stress
<b>Nat Phos</b> (Sodium Phosphate)	<ul style="list-style-type: none"> <li>Acid neutralizer</li> <li>Aids in the proper functioning of the digestive organs</li> <li>Reduces uric acid build-up in the joints</li> </ul>	Heartburn, indigestion, colic, diarrhea, nausea, vomiting and acidity issues. Muscles & joints stiffness following workouts, strain or shock.
<b>Nat Sulph</b> (Sodium Sulphate)	<ul style="list-style-type: none"> <li>Aids water distribution/elimination</li> <li>Supports liver and kidney function</li> <li>Supports respiratory system</li> </ul>	Sluggish digestion, nausea, gas, indigestion, etc. urinary issues, colds/flu with yellow discharge, sadness, etc., cold damp conditions aggravate.
<b>Silica</b> (Silicon Dioxide)	<ul style="list-style-type: none"> <li>Skin &amp; congestion cleanser</li> <li>Perspiration balancer</li> </ul>	Weak skin conditions, scars, acne, splinters, weak nails, excessive perspiration

