

The Twelve Cell Salt Singles

These special homeopathic single remedies help the body find what it needs from your diet, supplements and reserves to keep cells, organs and systems healthy and in sync.

Calcarea fluor Elasticity Expert

Restoring elasticity to veins, muscles, skin, bones and other tissues is Calc fluor's (*calcium fluoride's*) specialty. This cell salt's natural support aids conditions resulting from inflexible tissue or lax tissue that cannot bounce back from injury, pregnancy, growing, aging or illness. Calc fluor's healing support benefits elasticity issues as varied as *stretch marks, hemorrhoids, varicose veins, muscular weakness and stretch marks*, as well as *backache, lumbago, stiff joints, weak ankles, repeated sprains and weak teeth*. For *joint and lower back pains*, Calc fluor shares many traits with (and is often taken alongside) the stiff achy joint remedy Rhus tox. Both remedies specialize in helping joints that feel worse in cold wet weather, sitting still and on beginning to move, and improve with gentle continued movement and heat.

C AFL \$9.95



Is growth a strain on your baby or child?

Do you need to bounce back faster from pregnancy, sprains or illness?

Are your veins varicosing? teeth loosening?

Do your joints get stiff from inactivity?

Calcarea phos #1 for Growing Bones

Concerned parents have made Calc phos (*calcium phosphate*) a popular favorite. Its natural support is ideal for easing *growing pains, teething issues, study headaches, sugar highs, weakness and a general discontent*. At any age, it supports structural stresses—*injured bones, slow healing wounds, joint pain, back pain, weak digestion, 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.

C A P H \$9.95



Do you often wish you were somewhere else, doing something else?

Does your child often complain of boredom? have growing pains?

Does your spouse fidget, grumble about everything, but not have the energy or direction to do anything?

Do you just need a boost?

Calcarea sulph Sinus & Skin Cell Salt

As calcium sulphate is a vital part of our cleansing systems, its cell salt remedy helps us mend *slow-healing wounds, skin disorders, pimples, sore throats* and other conditions which tend to suppurate—form yellow pus. Calc sulph helps *cleanse colds and allergies* if thick yellow mucus causes eye irritation, runny noses and nasal blockage. Calc sulph is most suited to allergic individuals who enjoy walking in the open air, but it can give us all a good cleansing when needed. It can also be the perfect follow up for Hepar sulph or Silica. Its 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."*

C A S U \$9.95

Are your skin and cold symptoms taking too long to clear up?

Does your child have a lot of middle child issues, jealousies, or trouble fitting in with siblings?

Does your child have a strange fear of birds?

Ferrum phos

tory Cell Salt

As its source helps us build strong blood cells, Ferrum phos (iron phosphate) helps the body face many stresses, including *acute infections, injuries, bleeding, nose bleeds, heat fatigue, acute fevers*, etc. Whenever redness, heat, throbbing or fever suggest the first stages of acute *inflammatory* ailments (*common colds, bronchial irritation, congestions, teething trouble, joint pains, fatigue, skin eruptions*, etc.), Ferr phos offers worry free support. It can be very helpful in turning around a child's sudden fever or a young girl's *weakness* during puberty. Cases needing Ferr phos most, catch cold easily and tend to be pale, but cheeks flush; they may be nervous, sensitive, timid and often vexed by hiccups. When symptoms are scarce but something is not right, it's nice to know you can turn to this remedy for safe, simple, worry free support.

FEPH \$9.95

On Ferrum phos & Aconite - Homeopathy's top remedy for stopping colds at the first sneeze or sign, Aconite, may owe much of its flower's power to the iron phosphate contained in its juices.

Kali mur A Cleansing Cell Salt

As its source is critical to breaking down white mucus and discharge (fibrin), Kali mur (*potassium chloride*) helps cleanse *colds, coughs and sinuses* troubled by white mucus, as well as *thrush, pimples, blisters or eruptions* with white discharge. When marked by white spots, white discharge or a white coated tongue, Kali mur's cleansing applications extend to a range of congestions including *sore throats* and *oral or vaginal thrush*, as well as sluggish digestive complaints including *heartburn, acidity, gas, diarrhea and sick headaches*. Cleaning out congestions before white matures to yellow, saves energy and distress.

KAMU \$9.95

Kali phos Nerve Nutrient Cell Salt

The cell salt that nerve and brain cells depend on, Kali phos (*potassium phosphate*), helps nerves recover, relax and regain strength. Kali phos offers balancing, revitalizing support when injury, illness, stress or sadness result in a heavy, yet *restless fatigue* or *loss of nerve power*. Its nerve calming or debuzzing pain relief extends to *nervous headaches, backache, sciatic nerve pain, neuralgias and buzzing in the ears*. On the emotional plane, Kali phos aids many common stress responses – *temper tantrums, sleeplessness, nightmares, hypersensitivity, sadness and gloom*.

KAPH \$9.95

Your Choice! All cell salts are readily available in 5 potencies: 6X, 12X and 30X are packaged in 500 tablet bottles, 30C and 200C in 160 pellet vials. Each only \$9.95.

See our website for articles about Cell Salts!

Do you catch colds easily?

Does something start throbbing every time you over exert yourself?

Are you either very talkative and excited or quiet and withdrawn?

Do you just need a boost?



Is your tongue coated white?

Do your child's ears hurt when on an airplane?

Are congestions common to your systems - ear, sinus, skin, glands?

Are you and your nursing baby sharing thrush?

Do your worries keep you up at night?

Do you get stress or study headaches?

Are you generally timid except when your temper flares?

Is your child fretful or bashful? Does he throw tantrums?



Kali sulph Restorative Cell Salt

As recorded in Dr. Schuessler's Biochemic Theory, this tissue salt's source transfers oxygen from the lungs to the iron in our blood and from the blood to the tissue cells. It is a crucial part of our skin, mucus membranes and respiratory systems. Without potassium sulphate, systems stagnate, thus this natural cell salt's cleansing applications include many conditions with yellow mucus including *colds, croupy coughs, sinus or ear congestions, vaginal irritation or diarrhea*, as well as skin conditions such as yellow flaky *dandruff, skin eruptions or itchy rashes*. Other symptoms that suggest a need for Kali sulph include a yellowish coating on the tongue, *sensitivity to heat, shifting joint pains, acute wheezy bronchial irritation, and heavy fatigue* with a boxed-in feeling.

KASU \$9.95



On Kali sulph & Pulsatilla: "Kali sulph is under-prescribed... Potassium sulphate is found abundantly in the flower of Pulsatilla and this may explain the great similarity of the two remedies. Kali sulph is often called "an irritable Pulsatilla" (though Pulsatilla can be irritable enough!). —Roger Morrison, Desktop Guide

Magnesia phos Anti-Spasm Cell Salt

The simplest, most natural way to ease and prevent *cramps, spasms and radiating pains* is to encourage the connection between nerves and muscles with the cell salt they depend on. Mag phos (*magnesium phosphate*) is a fast-acting remedy that benefits symptoms as diverse as *leg cramps, muscle spasms, menstrual cramps, spasmodic coughs, colic and hiccups*, as well as *backache, right sided sciatic nerve pain, facial neuralgia, tics, toothache, stabbing headaches and weary nerves*. Anytime symptoms improve with heat and worsen with cold, Mag phos makes a wise choice. Sipping hot water with a dose can speed its action.

MAPH \$9.95

Are you miserable in hot stuffy rooms?

Do your colds or congestions last longer than they should?

Are you generally timid but sometimes irritability takes over?

Natrum mur The Hydrating Cell Salt

Salt's drying nature is both helpful and harmful. Fortunately, its cell salt Natrum mur (*sodium chloride*) can balance out issues as diverse as *dry skin, colds and haunting memories*. Dryness underlies many of its applications including: *sinus pressure, post nasal drip, hay fever, sore throats and cold symptoms* with thickening mucus; plus *blinding headaches, cold sores, flaky skin, cracked lips, fever blisters, lower backache and constipation*. On the emotional plane, the dryness becomes idiomatic as it applies to poorly circulated stress— *suppressed grief, disappointments, haunting memories*. Its complaints improve with fresh air and deep breathing and worsen with consolation and hormonal changes.

NAMU \$9.95

Does music stir sad memories?

Do you not let your friends comfort you when things go wrong?

Do people say your child is mature beyond his years?

Does your child need your affection, but reject your comfort or consolation?

Are you a romantic who was burned once too often?

*More about
Cell Salts*

on our website

Natrum phos The Antacid Cell Salt

Breaking down stomach acids, lactic acids in muscles and acidic deposits in joints is the specialty of *sodium phosphate* and its cell salt, *Natrum phos*. In digestion, it offers balancing relief when fatty or sugary foods lead to **sugar highs, heartburn, gas or diarrhea**. When muscles and joints ache, cramp and stiffen, especially after shock or exercise, it acts quickly to break down lactic acid and uric acid deposits and, in turn, eases **muscular pain** and **stiffness**. **Sick headaches, sluggish sour digestion, stiff inflamed joints, fatigue and indifference** can all be acid-related, especially if tongue has a yellow coating.

NAPH \$9.95

Could sugar highs and lows be contributing to your child's problems in school?

Do you have trouble digesting rich meals or sour foods?

Do you wake at the slightest noise or stay awake worrying about what might happen?

Natrum sulph A Cleansing Cell Salt

Livers, kidneys, respiratory systems and other tissues rely on *sodium sulphate*. Its cleansing cell salt applies to a range of digestive, respiratory, pain and emotional symptoms, especially if these complaints are aggravated by dampness, especially cold wet weather or places. Best known for its digestive support, *Nat sulph* relieves **nausea, sick headache, sour vomiting, heartburn, bitter belching, hiccups, colic, indigestion, painful yellow 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 review by a licensed practitioner, *Nat sulph* can prove very beneficial when **emotional changes, confusion or bursting headaches** follow past or recent head injuries. Other *Nat sulph* indications include: **joint or sciatic nerve pain**, a brownish coating on the tongue, periodic sadness and a craving for fresh warm, dry air.

NASU \$9.95

Can you track any of your symptoms back to living in a swampy area or in a damp house or climate?

Can you track any troubles back to a head injury?

Does cheerful music make you sad?

Silica Strengthening 'Grit' Cell Salt

Skin, nails and our natural cleansing systems depend on this popular cell salt (*silicon dioxide*). *Silica* is known as 'the grit cell salt' because it helps restore weak tissues that lack the strength to expel or root out congestions and irritants. 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 the body cleanse **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 heat; weak ankles, skin, hair and nails; and a tendency to feel better with warmth and much worse in a cold draft.

SILI \$9.95

Do you dwell on small details? Lack self-confidence?

Does your child whisper answers to you instead of speaking out loud to others?

Do you get more than your share of colds and infections?

Do you become mentally dull under pressure or stress?