

Miranda Castro's Shop

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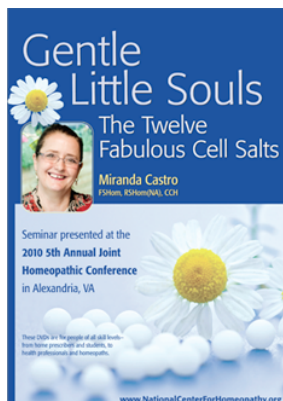
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The Handouts

In this pdf you will find all the handouts for the Cell Salts Seminar DVDs:

Pages 2 – 4 Introduction
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Gentle Little Souls:

The 12 Fabulous Cell Salts

with Miranda Castro FSHom, RSHom(NA), CCH

Learn all about how to use the Homeopathic Cell Salts in this practical and entertaining seminar.

"I have been using the Cell Salts in one form or another my whole life. I love their simplicity and the fact that there are only twelve of them – as opposed to the many hundreds of homeopathic remedies."

—Miranda Castro

A Great Healing Gift! Additional DVD sets available from: shop.mirandacastro.com

20% Discount for Cell Salt Kits & Handbook – \$40 (RRP = \$50)

We are offering a 20% discount on the Cell Salt Kit & Biochemic Handbook **with the purchase of the DVDs**. The kit includes all 12 cell salts plus the Biochemic Handbook. This is **great value** (less than \$3 per remedy) and it's also **incredibly convenient**: lightweight plus you'll always have the cell salt you need at hand. **Discount Code: CS2**

Some Other Healing Products

Miranda Castro's Shop has some other lovely healing products including her Healing Creams (for Joints and Scars), her homeopathic books, a small selection of homeopathic kits, Robin Logan's 7 Cream and 7 Balm and a herbal nail fungus soak.



INTRODUCTORY SLIDES

One and the same ...

- ▶ Tissue Salts
- ▶ Cell Salts
- ▶ Biochemic Salts
- ▶ Bio-Chemic Gems
- ▶ Tissue Remedies
- ▶ Cell Salt Remedies
- ▶ Or any combination of the above

Wilhelm H Schuessler (1821-1889)

Dr Schuessler was a German homeopath who was keen to simplify homeopathy.

He was influenced by the work of Dr Rudolph Virchow (1821-1902) – the father of modern pathology. Virchow postulated that diseases are signs of changes in cell metabolism.

Schuessler's Goals & Beliefs

His special interest was in the important inorganic salts (of which the body is composed) and their quantitative relations.

His goal (after 15 years in homeopathic practice) was to create a therapy with sharply defined boundaries.

He believed the inorganic substances found in blood and tissues are sufficient to cure all diseases that can be cured.

Schuessler's Basic Theory

The tissues or cells of the body can be broken down chemically into twelve inorganic mineral salts:

1. calcium fluoride
2. calcium phosphate
3. calcium sulphate
4. phosphate of iron
5. potassium chloride
6. potassium phosphate
7. potassium sulphate
8. magnesium phosphate
9. sodium chloride
10. sodium phosphate
11. sodium sulphate
12. silica

Inorganic salts are important mineral constituents present in human cells.

In accordance with the theories of Virchow disease takes place at a cellular level.

Even though water and organic matter make up the greater portion of living cells, the inorganic matter is the only substance that the organism/cells cannot produce by itself.

Since the life of living cells is relatively short, the creation of new cells depends on the presence of inorganic minerals.

A lack of these minerals in the living cells keeps organic materials from entering them.

Interesting fact: When a human body is reduced to ashes, there are only 12 minerals left behind.

The judicious use of these minerals in an attenuated (bio-available) form makes good any deficiencies at a cellular level (by prompting the cells to restore the balance of their essential components) therefore stimulating normal cell functioning.

He ascribed a specific purpose to each one of the 12 salts, based on his understanding of their biochemical purpose and relative distribution in the body.

He performed clinical experiments to confirm his conclusions in the form of homeopathic "provings".

He published his findings first in a paper in 1873 entitled "An abridged therapy on the basis of physiology and cellular pathology."

What do they do

Supplements of the homeopathic world

They help to regulate constitutional disturbances at a cellular level

The doses are minute and dynamic but have not reached Avogadro's number (12C)– they contain some particles of the original substance at a molecular level.

Their Main Uses

Home prescribers can use them for simple problems instead of being overwhelmed with finding the right homeopathic remedy.

Practitioners can use them as a supportive measure in between constitutional remedies, especially for specific physical conditions or symptoms.

Preparation

1 part of the crude material + 9 parts of saccharum lactose are triturated in a pestle and mortar for one hour = 1X

1 part of the 1X + 9 parts of saccharum lactose are triturated in a pestle and mortar for one hour = 2X

This process is repeated either three or six times, yielding a 1,000,000 to 1 dilution or 1000:1 dilution.

But ...

No peer reviewed scientific clinical trials have been conducted on tissue salts (including outcomes studies), and they are less well known to the public than some other complementary therapies.

He did not consider the trace elements, equally essential to proper cell function, and that this is why cell salts alone are limited – and do not cure all imbalances/diseases.

DOSAGE GUIDELINES

Dry Dose

Cell salts can be taken dry, on or under the tongue.

Use the lid to tip out the tablet, tipping it straight into the mouth of the person taking it (without their lips or tongue touching the lid) or into their hand so they can put it in their own mouths! You can touch your own remedy.

Never tip back any that have been touched.

Infants

Tip out a tablet in your own hand and hold it against the cheek of the infant. It will dissolve on contact with saliva and not be a choking hazard.

Or you can tip the tablet into a teaspoon and dissolve it in a little water and give it straight from the spoon.

Wet Dose

Tablets can be dissolved in water, which makes it easy to repeat doses or to give to children or the elderly.

Dissolve 4 tablets in 4-8 ounces of water and stir vigorously. You can take a teaspoon at a time as a dose, stirring vigorously before each dose, or just sip as needed.

Mag phos works best taken in 'warm water' if there is easy access.

Number of Tablets

One dose = one tablet for adults and children.

You can take 4 if you are adult and give 2 to your children ... the main effect will be that you need a replacement bottle rather sooner.

Potency

Take the cell salt remedy in a 6X (not the 6c or 30c) potency.

Repetition

Repeat the remedy according to the severity of the symptoms:

- ▶ Severe: every 1/2 - 1 hour (high fever, bad pain).
- ▶ Moderate: every 2 - 3 hours (bearable pain, cough)
- ▶ Mild: every 4 - 6 hours (able to carry on working)
- ▶ Tonic: 3-4 times daily (e.g., tiredness after flu or osteoporosis etc.) for 7-10 days at a time. Take a break of a week or so and repeat if need be i.e. for a fracture etc.

Stop & Start as Needed

- ▶ Stop on improvement:
- ▶ Take it less often if there is moderate improvement.
- ▶ Stop taking it as soon as there is a significant improvement.
- ▶ Repeat it as needed: repeat the same remedy if it helped and the symptoms return—starting and stopping as needed until completely better.

Stop & Select Another if ...

Stop the remedy: if it clearly isn't working after an appropriate length of time and select another or seek the advice of a professional homeopath.

- ▶ 6-12 doses: for severe or moderate complaints.
- ▶ 2-5 days: for mild complaints
- ▶ 7-14 days: for tonics.

Alternating Remedies

Some tissue salts work well together—like Calc phos and Ferrum phos (for anemia), Calc phos and Kali phos (after an acute illness), or Calc phos and Mag phos (for cramps and growing pains in youngsters). Two remedies can be taken on the same day but preferably not at the same time unless they are already combined in a ready-made formulation.

Be Creative

- ▶ 2 Salts
- ▶ One Salt: On Waking + Mid-afternoon
- ▶ One Salt: Mid-day + Bedtime
- ▶ Or one salt for a week + the other for a week
- ▶ 3 Salts
- ▶ On waking
- ▶ At mid-day
- ▶ Bedtime

Take Breaks

- ▶ Ideally, tissue salts taken this way, should not be taken for long periods of time without a break.
- ▶ You can take them Mondays to Fridays with the weekends off for example or for one to three weeks and then one week off.

Make A Relationship

Make a relationship with your remedies and use your intuition or gut feelings about taking them and repeating them as well as your symptoms as guides.

Combinations

There are some combinations available—a number of cell salts combined into one tablet.

Most combinations make good sense.

Check out the individual component salts to make sure they make sense for your particular complaint or complaints.

CAUTIONS

Do not self prescribe for chronic complaints. It is always advisable to seek professional advice for long-standing complaints.

Check with your homeopath before self-prescribing. Remedies have relationships with one another, and it is a shame to take a tissue salt that inadvertently counteracts the effects of a constitutional remedy that has worked well.

Let your homeopath know if you or your child has taken a constitutional remedy within the past three to six months.

Stop if you feel worse

Stop if you experience any worsening of your symptoms.

If you are sensitive to a particular cell salt and you take it for too long, it can make your current symptoms worse (a homeopathic aggravation) or you may get symptoms you didn't have before (an unintentional proving). Taking breaks of 1-2 weeks from a remedy will enable you to spot this particular pattern.

Goal of Homeopathy

- ▶ To stimulate the body to heal itself.
- ▶ To engender a sense of well-being.
- ▶ To increase health and vitality.

What do People Say?

I feel better in myself.

Funny! I had forgotten about that symptom or those symptoms.

GENTLE LITTLE SOULS: Cell Salt Materia Medica

Miranda Castro

Calcarea fluorica (Calc-fluor.)

Dem bones Dem Bones ...

AKA calcium fluoride.

Affinities: bones, ligaments, muscles, teeth, veins.

This salt is a great tonic for muscles, ligaments and/or veins that have become worn out, flabby and lax--for tissues that have lost their elasticity and tone. For example, the prolapsed uterus or bladder (with dragging down sensations), hemorrhoids (that itch and bleed), or varicose veins.

It is useful for building the health and strength of teeth and bones during childhood, and after a serious injury to the bones, especially a fracture. It is also helpful for lumps that develop on bones (after a bad bruise to a bone or a fracture, for example) or around joints (after a bad sprain).

Use this tissue salt along with *Calc phos* and/or *Silica* to help build strong, healthy teeth and bones in infants, children, or adults, or to increase the strength of those whose enamel or bones are weak or whose teeth are producing cavities. It is an excellent tissue salt for bones that are thinning with age (osteoporosis or osteopenia) along with *Calc phos* and/or *Silica*.

Use it for back or joint pains that are worse on beginning to move and better for continued movement, just like the indications for the homeopathic remedy, *Rhus toxicodendron*. If *Rhus tox* is given but helps just a little or not at all, then *Calc fluor* will usually help.

Calcarea phosphorica (Calc-phos.)

General Tonic

AKA calcium phosphate or phosphate of lime.

Affinities: bones, muscles, teeth.

This is a wonderful tonic for those who are mentally, emotionally, and/or physically exhausted after a period of mental work (like studying for exams), for those in the convalescent phase of an illness, or for infants, children, and young adults who are tired from a growth spurt.

Those responding best to this remedy tend to be sensitive to the cold and to drafts, which can cause a stiff neck. I have found it to be almost a specific for simple tension in the neck and trapezius muscles (the triangles between the points of the shoulder and the neck) from exhaustion or after physical stress and strain.

Use this tissue salt along with *Calc fluor* and/or *Silica* to help build strong, healthy teeth in infants, children, or adults, or to increase the strength of weak enamel or cavity-prone teeth.

It is also useful for building the health and strength of bones after a fracture--when it can be given in alternation with *Calc fluor* and/or *Silica*.

Calcarea sulphurica (Calc-sulph.)

Yellow, Blood-streaked Stuff

AKA calcium sulphate or gypsum.

Affinities: blood; mucous membranes; skin.

Use this cell salt for boils or abscesses that are discharging but not healing, or for wounds that have become infected and pus-filled, especially with thick yellow pus that may be lumpy or blood-streaked. If the complaint looks like it should call for the homeopathic remedy *Hepar sulph*, but it does not respond to *Hepar*, think *Calc sulph*. It's easy to remember this salt if you think of it as "a deeper *Hepar*."

Consider *Calc sulph* for coughs, colds, earaches, and eye infections with discharges that are thick and yellow. Nasal mucus typically drips down the back of the throat or comes out one nostril, while the other side is blocked up. *Calc sulph* is for a croupy cough that is mostly there only in the morning on waking.

Ferrum phosphoricum (Ferr-phos.)

Any Old Iron

AKA ferrum phosphate or phosphate of iron.

Affinities: blood.

This salt is well known to help in the first stage of a fever or an acute illness (e.g., a cough or cold) before any clearly identifiable symptoms have developed. The person will be listless with flushed cheeks but no other clear symptoms--for example, you would not expect to see the restlessness that indicates the need for *Aconite* or the shiny eyes pointing to *Belladonna*.

Alternate *Ferrum phos* with *Calc phos* for simple anemia with low energy. The "calcium" helps the body to absorb the iron more effectively. These are wonderful remedies to give to pregnant women who are anemic but loath to take medicines for fear of side effects. It is especially helpful for those who experience constipation and other side effects from iron supplements.

Think of *Ferrum phos* for nosebleeds either after an injury or when blowing the nose during a cough or cold.

Kali muriaticum (Kali-mur.)

White Stuff

AKA potassium chloride or chloride of potash.

Affinities: mucous membranes.

Think of *Kali mur* for coughs, stuffy head colds, or sinus infections with white discharges. The tongue is also coated white; white ulcers or thrush may be present in the mouth.

This remedy is for earaches, with congestion in the Eustachian tubes so that hearing is affected. It is brilliant for the snap, crackle, and popping noises in the ears after a cold.

Kali phosphoricum (Kali-phos.)

Nerve Tonic

AKA potassium phosphate or phosphate of potash

Affinities: nerves.

Use *Kali phos* for those who are worn out following a heavy work or study period. It is a good tonic for those in the convalescent stage of an acute illness (especially after flu) where there is muscular weakness and nervous exhaustion. People who need this remedy feel better for--and desperately need--warmth and rest, and a healthy diet to build themselves up again. They feel emotionally sluggish and can become mildly depressed. They get one-sided headaches and may be sensitive to light and noise, and be easily startled. They are also mentally sluggish and can't concentrate even if they try. For women in childbirth who have become exhausted, I have given *Kali phos*, one dose in between every contraction for up to six doses ... and their energy usually starts to return.

This remedy is also lovely for the simple insomnia that follows a period of excitement or intense work or mental strain, when a person feels worn out but cannot sleep.

Kali sulphuricum (Kali-sulph.)

Yellow Stuff

AKA potassium sulphate or glaserite.

Affinities: mucous membranes; skin.

The indications for this remedy resemble those for *Pulsatilla* in that people who need it are generally worse for heat and better for fresh air. They also suffer from thick yellow discharges with a cough, a cold, or an earache, and the tongue is coated yellow as well. The coughs are loose but the mucus is difficult to cough up. During an earache, the person has crackling in the ears when chewing and temporary hearing loss from mucus in the middle ear.

A change of weather from cold to warm can bring on symptoms--a cough or a cold or joint pains that move around the body, that are worse for heat and better for a walk in the fresh air.

Magnesium phosphoricum (Mag-phos.)

Homeopathic Aspirin

AKA magnesium phosphate.

Affinities: muscles; nerves.

It has been called "the homeopathic aspirin" because of its ability to heal acute pains anywhere such as earache, headache, toothache (including teething in babies), and even sciatica--as long as the pains are better for heat and pressure. The pains may be "neuralgic" (sharp pains that come and go).

Mag phos will also help cramps anywhere in the body--again, as long as they are better for heat and pressure. In fact, *Mag phos* is to painful menstrual periods in women what *Chamomilla* is for teething in babies. It won't necessarily cure the problem but it will provide much appreciated relief--as long as the pains are much better for heat and pressure--the harder the better. Those needing this remedy can be found lying doubled up in bed with a hot water bottle (or heating pad) pressed into their crampy abdomens. Hot baths also relieve the pains.

Natrum muriaticum (Nat-m.)

Water Balancer

AKA sodium chloride or sea salt.

Affinities: mucous membranes; skin.

The water balance of people needing *Nat mur* is disturbed. They suffer from dryness: of the mouth with a correspondingly big thirst; of the lips, which crack (especially the center of the lower lip); and of the bowels, which become constipated. I have also given it to pregnant women for simple water retention towards the end of their pregnancies, when the ankles are puffy but they have no other symptoms and are feeling well overall.

This is an excellent remedy for acute cold sores (herpes) on the lips and around the mouth, and also for blisters on the tip of the tongue, and/or painful mouth ulcers.

It is indicated in the early stages of a dry cough and for colds with watery or clear but thick, eggwhite-like mucus.

A person needing this remedy may get back pain that is better for lying on a hard surface--like the floor.

Any of these symptoms can arise after a significant loss--of a loved one, a job, or a dream, for example--one that hasn't been mourned or healed. The person holds in their tears, and this causes all sorts of problems from headaches to insomnia.

While the herpes and the headaches can come on after emotional stress, they can also be caused by too much heat, especially the heat of the sun, or by hormonal surges like around a menstrual period.

Natrum phosphoricum (Nat-phos.)

Acidity

AKA sodium phosphate or phosphate of soda.

Affinities: stomach; intestines.

Consider this remedy for those with sensitive, disordered digestive tracts. People who need this remedy cannot tolerate many foods--milk, fats, sweets, or vinegar--which cause acidity with heartburn, indigestion, and gas. They have acid belchings after eating. This little remedy is helpful for infants with colic who vomit curdled milk after eating, and who are sensitive to cow's milk.

This remedy may be used for itching of the anus due to worms, especially in children. They may have obstinate constipation or constipation alternating with sour-smelling diarrhea.

Think of the color yellow when thinking of this remedy! For someone needing this remedy, the back of the tongue (not the whole tongue) may be coated yellow, and the discharges are yellow. The eyes weep a yellow, creamy mucus, which causes the lids to stick together in the morning. Thick yellow mucus may drip down the back of the throat and be worse at night.

Natrum sulphuricum

Green Stuff

AKA sodium sulphate or glauber's salt.

Affinities: head, liver.

This is a fantastic remedy for headaches after an injury to the head--after *Arnica* has been given and the swelling has come right down.

People who need *Nat sulph* are vulnerable to cold, damp weather, or to humidity and they fall sick with a cough or a cold then. The mucus is green as is the coating on the tongue.

They experience colic, indigestion, and green diarrhea after starchy foods or fruits.

Silica (Sil.)

Homeopathic Lancet

AKA silica oxide or flint.

Affinities: bones, glands, hair, mucous membranes, nails, skin, teeth.

People needing this remedy tend to be sensitive, chilly, and sweaty types who catch cold easily. They may have become chilled in a cold wind or draft, or become worn out after a period of overwork. Either way, they can fall ill with a cough, earache, cold, or sinus infection. The glands will usually be swollen with an illness.

Hair and nails are weak, thin, and break easily. Teething babies take forever to produce teeth and get sick with diarrhea, cough, or a cold with every tooth. *Silica* is also useful for building the health and strength of bones after a fracture--when it can be given in alternation with *Calc fluor* and/or *Calc phos*.

For boils or abscesses that are painful but not discharging yet, *Silica* has a reputation as the "homeopathic lancet" because it hastens the suppuration or pus-formation process. Give after a splinter has become embedded, and it will help the foreign body to be "evicted"! It helps with infections and post-surgical scars that are inflamed, painful, and slow to heal.

Silica may be indicated for constipation with large, hard stools and lots of straining. Headaches after a heavy period of work or with a sinus infection--that settle over the eyes and make the forehead feel heavy--may be helped with *Silica*. For cracked skin anywhere but especially between the toes of sweaty "athletes' feet."

Gentle Little Souls: Cell Salt Repertory (Index of Symptoms)
Miranda Castro

Abscesses: Calc-sulph, Sil blood streaked: Calc-sulph	Heartburn: Nat-phos Hemorrhoids: Calc-fluor
Acidity: Nat-phos	Indigestion: Nat-phos, Nat-sulph
Anemia: Calc-phos, Ferr-phos	Injury: to speed the healing of fractures: Calc-fluor, Calc-phos, Sil
Athlete's foot: Sil	lumps on bones after bruises or fractures: Calc-fluor
Back pains: Calc-fluor, Nat-mur	Insomnia: Kali-phos, Nat-mur
Blisters on tip of tongue: Nat-mur	Joint pains: Calc-fluor, Calc-phos, Kali-sulph
Boils: Calc-sulph, Sil	worse first movement, better continued movement: Calc-fluor
Bone tonic: Calc-fluor, Calc-phos, Sil	worse heat, better walking in fresh air: Kali-sulph
Cold: Calc-sulph, Ferr-phos, Kali-mur, Kali-sulph, Nat-mur, Nat-sulph, Sil	in growing children: Calc-phos
Cold sores (herpes): Nat-mur	Loss: Nat-mur
Colic in infants who vomit their milk: Nat-phos	Mouth ulcers: Kali-mur, Nat-mur
Constipation: Nat-mur, Nat-phos, Sil	Nails thin, break easily: Sil
Constipation alternating with diarrhea: Nat-phos	Neuralgia: Mag-phos
Cough: Calc-sulph, Ferr-phos, Kali-mur, Kali-sulph, Nat-sulph, Sil	Nervous exhaustion: Kali-phos
Cracked lips: Nat-mur	Nosebleeds: Ferr-phos
Crackling in ears after a cold: Kali-mur	Osteoporosis: Calc-fluor
Crackling in ears with a cold, worse chewing: Kali- sulph	Post nasal mucus: Nat-phos
Cramps: Calc-phos, Mag-phos	Prolapse of uterus or bladder: Calc-fluor
Croup: Calc-sulph	Sciatica: Mag-phos
Discharges: little or no discharge: Ferr-phos	Sinus: Kali-mur, Sil
green: Nat-sulph	Splinters: Sil
lumpy: Calc-sulph	Stiff neck: Calc-phos
thick, yellow: Calc-sulph, Kali-sulph, Nat-phos	Stomachaches in schoolchildren: Calc-phos
yellow discharge streaked with blood: Calc-sulph	Teething: Mag-phos, Sil
watery or like egg white: Nat-mur	Thrush: Kali-mur
white: Kali-mur	Tongue coated: white: Kali-mur
Dryness: Nat-mur	yellow: Kali-sulph
Earache: Calc-sulph, Kali-mur, Kali-sulph, Mag-phos, Sil	yellow at the back: Nat-phos
Eye infection: Calc-sulph	Green: Nat-sulph
Fever: Ferr-phos	Tonic: after a growth spurt: Calc-phos
Growing pains: Calc-phos	after too much studying/mental work: Calc-phos, Kali-phos
Hair falling, thin, breaks easily: Calc-phos, Sil	when convalescing from an illness: Calc-phos, Kali-phos
Headaches: Calc-phos, Kali-phos, Mag-phos, Nat- mur, Nat-sulph, Sil	Tooth decay: Calc-fluor, Calc-phos, Sil
in schoolchildren: Calc-phos	Teeth tonic: Calc-fluor, Calc-phos, Sil
with exhaustion: Kali-phos	Varicose veins: Calc-fluor
after head injury: Nat-sulph	Wounds: infected/pus-filled: Calc-sulph, Sil
after mental strain: Sil	
after loss: Nat-mur	
after too much sun: Nat-mur	
with sinus infection: Sil	

CELL SALTS: DOSAGE GUIDELINES & NOTES

MIRANDA CASTRO

Dry dose: Cell salts can be taken dry, on or under the tongue.

Wet dose: They can also be dissolved in water if needed which makes it easy to repeat doses or to give to children or the elderly. Dissolve 4 tablets in 4 ounces of water and stir vigorously. You can take a teaspoon at a time as a dose, stirring vigorously before each dose, or just sip according to the frequency directions above. *Mag phos* works best taken in 'warm water' if there is easy access.

One dose = one tablet ... for adults and children.

You can take 4 if you are adult and give 2 to children with the main effect on your bank balance!

Use the lid to tip one tablet out, tipping it straight into the mouth of the person taking it (without their lips or tongue touching the lid) or into their hand so they can put it in their own mouths! You can touch your own remedy.

For infants: put a tablet in your own hand and hold it against the cheek of the infant. It will dissolve on contact with saliva and not be a choking hazard. Or you can dissolve it in a teaspoon with a little water in it and give it straight from the spoon.

- **Take the cell salt remedy in a 6X** (not the 6c or 30c) **potency**.
- **Repeat the remedy according to the severity of the symptoms:**
 - ▶ **Severe:** every 1/2 to 1 hour (e.g., high fever, bad pain).
 - ▶ **Moderate:** every 2 to 3 hours (e.g., bearable pain, bad cough)
 - ▶ **Mild:** every 4 to 6 hours (e.g., able to carry on working!)
 - ▶ **Tonic:** 3-4 times daily (e.g., tiredness after flu or osteoporosis etc.) for 7-10 days at a time. Take a break of a week or so and repeat if need be. Healing after a bad fracture, for example, can take months with tissue salts helping along the way.
 - ▶ See also "Alternating Remedies" below.
- **Stop on improvement:**
 - ▶ Take it **less often** if there is moderate improvement.
 - ▶ **Stop** taking it as soon as there is a significant improvement.
- **Repeat it as needed:** repeat the same remedy if it helped and the symptoms return—starting and stopping as needed until completely better.
- **Stop the remedy:** if it clearly isn't working after an appropriate length of time and select another or seek the advice of a professional homeopath.
 - ▶ **6-12 doses:** for severe or moderate complaints.
 - ▶ **2-5 days:** for mild complaints
 - ▶ **7-14 days:** for tonics.

ALTERNATING REMEDIES

Some tissue salts work well together—like *Calc phos* and *Ferrum phos* (for anemia), *Calc phos* and *Kali phos* (after an acute illness), or *Calc phos* and *Mag phos* (for cramps and growing pains in youngsters). Two remedies can be taken on the same day but preferably not at the same time. The best schedule is to take one cell salt (say *Calc phos*) on waking and around mid afternoon and the other one (say *Ferrum phos*) around mid-day and at bedtime. Or one cell salt can be taken for a week and then the other for a week. In the case where three remedies are indicated—like *Calc fluor*, *Calc phos*, and *Silica* for building bones and/or teeth—one can be taken on waking, the second at mid-day, and the third at bedtime.

Ideally, tissue salts taken this way, should not be taken for long periods of time without a break. I usually suggest that people take them Mondays to Fridays with the weekends off, or for one to three weeks and then one week off. I always suggest people make a relationship with their remedies and use their intuition or gut feelings about taking them as well as their symptoms as guides.

A NOTE ABOUT TISSUE SALT COMBINATIONS

There are some combinations available—a number of cell salts combined into one tablet—with most combinations making good sense. If you feel drawn to a particular combination, check out the individual component salts to make sure they make sense for your particular complaint or complaints.

Unfortunately, a bone-building or teeth-building combination with *Calc fluor*, *Calc phos*, and *Silica* is not available in the US at this time. You can purchase it from Helios Homeopathic Pharmacy in the UK—<http://www.helios.co.uk> or order@helios.co.uk or 011 44 1892 537 254. Remedies typically take 7 business days to get here from the UK. Bottle sizes: 14 g (120 tablets), 28 g (360 tablets), 40 g (500 tablets). The cost is around \$10 - 14 depending on the size and shipping is rarely more than \$10. Orders take about 7 business days to get to the US.

CAUTIONS

Do not self prescribe for chronic complaints.

It is always advisable to seek professional advice for long-standing complaints.

Check with your homeopath before self-prescribing

Remedies have relationships with one another, and it is a shame to take a tissue salt that inadvertently counteracts the effects of a constitutional remedy that has worked well. Let your homeopath know if you or your child has taken a constitutional remedy within the past three to six months.

Stop if you experience any worsening of your symptoms

If a person who is sensitive to a particular cell salt takes it for too long, it can make their current symptoms worse or they may get symptoms they didn't have before. Taking breaks of 1-2 weeks from a remedy will enable you to spot this particular pattern.

COMBINATION REMEDIES – the ‘old’ system

Available from 1800-homeopathy ... www.1800homeopathy.com

A: Neuralgia/Insomnia
B: Debility
C: Acidity
D: Skin/Acne
E: Indigestion

F: Fatigue
G: Elasticity
H: Hayfever
I: Muscles
J: Colds

K: Nails/Hair
L: Circulatory
M: Joints
N: Menstrual Pain
P: Circulation/Tension

Q: Sinus
R: Toothache
S: Stomach

Acidity (Combination C)

Mag phos, Nat phos, Nat sulph and Silica

Acidity including: heartburn, acid reflux and dyspepsia.

Circulatory Disorders (Combination L)

Calc fluor, Ferr phos and Nat mur

Circulatory disorders and inflamed and/or weakened veins/arteries including: Raynaud's, varicose veins etc.

Circulation/Tension (Combination P)

Calc fluor, Calc phos, Kali phos and Mag phos

Poor circulation and nervous tension including: chilblains, aching feet and legs, and muscular pain. During pregnancy/after delivery to calm nerves, reduce stress and muscle spasms, and support the bones, muscles, tendons and ligaments to heal.

Colds (Combination J)

Ferr phos, Kali mur and Nat mur

Colds, congestion and coughs, especially seasonal (winter).

Debility (Combination B)

Calc phos, Ferr phos and Kali phos

Nervous exhaustion, especially during periods of stress, illness, or growth or during convalescence.

Elasticity (Combination G)

Calc fluor, Calc phos, Kali phos, Nat mur

Loss of elasticity including: varicose veins, piles/hemorrhoids, muscle/tendon/joint stiffness, decreased muscle tone, growth spurts, stretch marks.

Fatigue (Combination F)

Kali phos, Mag phos, Nat mur and Silica

Fatigue including mental and/or physical exhaustion with or without nervous headaches or migraines.

Hayfever (Combination H)

Mag phos, Nat mur and Silica

Hayfever, allergies, sinusitis

Indigestion (Combination E)

Calc phos, Mag phos, Nat phos and Nat sulph

Indigestion including: flatulence, bloating, or colic.

Joints (Combination M)

Calc phos, Kali mur, Nat phos and Nat sulph

Rheumatic/arthritis pains including: stiff joints, poor mobility, fluid build up, bursitis, tendonitis, TMJ and fibromyalgia.

Menstrual Pain (Combination N)

Calc phos, Kali mur, Kali phos and Mag phos

Menstrual pain including: cramps, bloating, and headaches.

Muscles (Combination I)

Ferr phos, Kali sulph, Mag phos

Pain/inflammation in muscles including sprains and strains, spasms and charley horses.

Neuralgia/Insomnia (Combination A)

Ferr phos, Kali phos, Mag phos

Nerve pain including neuralgia, neuritis and sciatica.

Sinus (Combination Q)

Ferr phos, Kali mur, Kali sulph and Nat mur

Sinus catarrh, inflammation and discomfort.

Skin Disorders/Acne (Combination D)

Calc sulph, Kali mur, Kali sulph and Silica

Skin disorders including: acne, eczema, dermatitis, dry scaly skin, abscesses, scalp irritations etc.

Stomach Upsets (Combination S)

Calc fluor, Kali mur, Nat mur, Nat phos and Nat sulph

Stomach upsets including biliousness, sick headaches, seasonal digestion disorders with or without weakness.

Toothache/Teething (Combination R)

Calc fluor, Calc phos, Ferr phos, Mag phos and Silica

Tooth pain including teething, toothache and inflammation.

Weak Nails and Hair (Combination K)

Kali sulph, Nat mur and Silica

Weak nails and hair including brittle nails, falling hair, dry flaky scalp/dandruff.

SOME ADDITIONAL COMBINATION REMEDIES
AVAILABLE FROM 1-800-HOMEOPATHY or www.1800homeopathy.com

Bioplasma

General Tonic

All 12 Cell Salts!!!

For relief from symptoms associated with overall fatigue and exhaustion, or where overall general depletion has occurred due to stress or illness.

Tonic: (Combination E)

Calc phos, Ferr phos, Kali phos, Mag phos and Nat phos

Fatigue due to illness, stress, growth or convalescence.

Biliousness: (Combination H)

Calc fluor, Nat mur and Nat sulph

Sluggish digestion, nausea and vomiting.

Throat: (Combination K)

Ferr phos, Kali mur and Kali phos

Sore throat with pain and inflammation.

Fever: (Combination M)

Ferr phos, Kali mur and Nat sulph

Aids the body to fight a fever and associated inflammation.

Vaginal Irritation: (Combination N)

Calc phos, Kali mur, Kali phos and Mag phos

For pain and discharges associated with vaginal thrush.

Neuralgic Pain: (Combination O)

Ferr phos, Kali phos and Mag phos

For pain, inflammation and tension due to fatigue, trauma, injury or stress.

SOME OTHER COMBINATIONS!

Calcium Absorption:

Calc fluor, Calc phos, Nat phos and Silica

For relief from symptoms associated with calcium deficiency to maximize calcium absorption.

First Stage of Illness

Ferr phos and Kali mur, some also include Kali phos (especially if any anxiety!)

For relief from symptoms associated with inflammation, onset of fever, sore throat, immune support.

Fibrositis

Ferr phos, Kali sulph and Silica

For relief from symptoms associated with fibrositis, muscular pain, inflammation

CELL SALT PROGRAM FOR PREGNANCY

During pregnancy, the baby requires certain salts that it will get if it has to at the expense of the mother's needs i.e. if she is low the baby will deplete her to get its needs met. This program will help to replenish any salt deficiencies in the mother so that her health does not suffer during the pregnancy as well as after the birth.

The cell salts are completely safe to use during pregnancy.

The only proviso is this: if a significant improvement in symptoms or in general health is noticed at any time the remedies should be stopped and only repeated as needed.

General Remedy Information

- ▶ Calc fluor – for bone development and elasticity of connective tissue, helping to prevent stretch marks, circulatory problems and varicose veins.
- ▶ Calc phos – for the structure of the bones and to help with iron absorption.
- ▶ Mag phos – for nerve and muscle development, therefore reducing the chance of heartburn and cramps.
- ▶ Ferrum phos – for blood oxygenation, hence reducing the tendency to anaemia.
- ▶ Kali mur – looks after the health of all the mucus membranes.
- ▶ Kali phos – for nerves and brain, especially if there is stress or strain.
- ▶ Nat mur – controls fluid balance, helping to prevent swollen extremities and high blood pressure, as well as supporting nerves and muscles, and the heart.
- ▶ Silica – for building strong teeth, bones and hair and general strength.

Directions

Begin the program in the 3rd month i.e. once the pregnancy is well established

Take one tablet of the relevant salt as follows

Week 1: Structure (hair, teeth, nails and bones)

Calc fluor: morning and afternoon

Silica: mid-day and bedtime

Week 2: Nerves

Kali phos: morning and afternoon

Mag phos: mid-day and bedtime

Week 3: Blood and bones

Ferr phos: morning and afternoon

Calc phos: mid-day and bedtime

Week 4: Mucus membranes and fluid balance

Kali mur: morning and afternoon

Nat mur: mid-day and bedtime

Additional Notes

If acidity/heartburn develops at any time take the following for one week:

Nat phos: morning and afternoon

Nat sulph: mid-day and bedtime

If morning sickness predominates

Calc sulph – not so strongly indicated in pregnancy (pus/suppuration)

Kali sulph – not so strongly indicated in pregnancy (health of skin/inflammation)

BIOCHEMIC RELATIONSHIPS, SIZES & MIASMS

Encyclopedia of Remedy Relationships in Homoeopathy by Abdur Rehman

<p>GOOD RELATIONSHIPS (follow well/complementary etc.) Calc fluor: Calc phos, Silica Calc phos: Calc fluor, Kali mur, Kali phos, Kali sulph, Mag phos, Nat mur, Silica. Calc sulph: (Kali mur), Kali sulph., Nat sulph., Silica. Ferr phos: Calc fluor, Calc phos., Calc sulph., Kali mur, Kali phos., Kali sulph., Nat mur, Nat sulph. Kali mur: (Calc sulph.,) Kali phos., Kali sulph., Mag phos., Nat mur., Nat sulph., Silica. Kali phos: Calc fluor, Calc phos., Kali mur., Mag phos., Nat mur., Silica. Kali sulph : Calc sulph., Kali mur., Nat mur., Nat phos., Silica. Mag phos : Calc phos., Kali phos., Kali sulph. Nat mur : Calc fluor., Calc phos., Kali mur, Kali phos., Nat sulph., Nat phos: Calc phos., Kali sulph., Nat sulph., Silica. Nat sulph: Ferr phos., Kali mur., Kali phos., Kali sulph., Mag phos., Nat m., Silica. Silica: Calc fluor., Calc phos., Calc sulph., Kali phos., Kali sulph., Mag phos., Nat mur., Nat sulph.</p>	<p>ANTIDOTES: Calc sulph: Kali mur Kali mur: Calc sulph Nat sulph: Nat m Silica: Calc sulph.</p>
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	Small	Medium	Large		Psoric	Sycotic	Syphilitic	Tubercular
Calc fluor	X				X		XX	X
Calc phos		X			X	XX		XXX
Calc sulph	X	(X)			X	XX	X	XX
Ferr phos	X				X			X
Kali mur	X					XX	XX	
Kali phos	X				XX			X
Kali sulph	X				XX	XXX	XXX	X
Mag phos	X				X	X		
Nat mur			X		XX	XXX		XX
Nat phos	X					X		X
Nat sulph		X			XX	XXX	X	XX
Silica			X		XX	XXX	XXX	XX

Psoric: under function or lack, anxiety, eruptions

Sycotic: over function or excess, discharges, overgrowth (lumps/bumps/warts), inflammation

Syphilitic: destructive, deep pathology – ulcers, bones, nerves

Tubercular: changeable, high/low

Highly recommended: Gems of Bio-Chemic Materia Medica by Dr JD Patil

CELL SALT RESOURCES

CELL SALT KIT & BOOK \$50



All 12 cell salts in a cloth pouch. The Biochemic Handbook and Miranda Castro's handouts are included for free! Replacement bottles available on request.

shop.mirandacastro.com or mirandacastro.com/zencart

HYLANDS CELL SALTS



You can purchase large bottles of the individual Cell Salts (manufactured by Hylands) at most health food stores (or ask your local store to stock them).

LACTOSE FREE/LIQUID CELL SALTS

Available from Rx/Treatment Options 1-800-456-7818.
Also from [Amazon](https://www.amazon.com)

NATIONAL CENTER FOR HOMEOPATHY

YOUR grassroots homeopathic organization.
Fabulous member benefits including online community.
Join Today!!! www.nationalcenterforhomeopathy.org

CELL SALT BOOKS – HOME PRESCRIBERS

The Biochemic Handbook

An old classic – full of gems and puzzles.

Biochemistry: Twelve Biochemic Remedies

J.B. Chapman, MD

A popular home prescribers' book.

Homeopathic Cell Salt Remedies

Nigey Lennon & Lionel Rolfe

Some homeopaths favorite cell salt book!

The Complete Homeopathy Handbook:

Miranda Castro

Most of the cell salts are included in my book—all but Ferrum phosphoricum!

CELL SALT BOOKS – PRACTITIONERS

For serious students of homeopathy and practitioners.

The 12 Tissue Remedies of Shussler

Boericke & Dewey

Each remedy is presented in excruciating depth.

Repertory of the Biochemic Remedies

SR Phatak

Gold dust.

Facial Diagnosis of Cell Salt Deficiencies

By David R Card

A new and riveting book.

HOMEOPATHIC BOOKS

Cell Salt books available from:

Homeopathic Educational Services: www.homeopathic.com

Minimum Price Books: www.minimum.com

Natural Health Supply: www.a2zhomeopathy.com

CELL SALTS QUIZ: Miranda Castro

1. Which of the cell salts help with fractures?

- a) Calc-phos.
 - b) Ferrum phos.
 - c) Calc-fluor.
 - d) Kali-phos.
-

2. You are 6 months pregnant and borderline anemic. You are pretty healthy otherwise except your appetite isn't so good and your energy is way down, especially in the mornings. You feel more sensitive to the cold and especially drafts in restaurants.

3. Which cell salt or salts help with heartburn?

- a) Calc-phos.
 - b) Nat-phos.
 - c) Kali-phos.
 - d) Mag-phos.
-

4. Your 13 year old desperately wants to grow her hair long, but can't because it is so thin it breaks off easily. She can't grow her fingernails long enough to paint them like her friends. Two years ago she had some growing pains, but doesn't have these anymore. She's been getting more pimples lately – with lots of yellow pus.

5. Which cell salt or salts help with exhaustion?

- a) Calc-phos.
 - b) Nat-phos.
 - c) Kali-phos.
 - d) Mag-phos.
-

6. It's springtime and your son has a cough and cold. He doesn't want to drink and is better out in the fresh air. He is coughing up yellow gunk.

7. Your 6 year old's ears are blocked up after a cold that finished a week ago. His hearing is affected and he seems more irritable than usual.

8. Which of the following remedies is for a headache after a head injury?

- a) Kali-phos.
 - b) Nat-mur.
 - c) Silica
 - d) Nat-sulph.
-

9. Which cell salt or salts help with cramping pains – especially in the abdomen?

- a) Calc-phos.
 - b) Nat-phos.
 - c) Kali-phos.
 - d) Mag-phos.
-

10. Which of the following salts has yellow discharges?

- a) Kali-mur.
 - b) Calc sulph.
 - c) Kali-sulph.
 - d) Sil.
-

10. You have a bad sinusitis with a post nasal drip that is full of pus, like egg white, but more pus than egg white. The infection has been there for two days, and the glands in your neck are swollen and painful. You have been working all hours and not getting enough sleep for weeks now.

- a) Kali-mur.
 - b) Kali-phos.
 - c) Nat-mur.
 - d) Sil.
-

11. Your child has sprained their ankle. You've given Rhus-tox. but he still has pain. The pain is worse when he first starts to walk and then gets better when he walks around on it a little bit. Which of the following remedies does he need?

- a) Calc-phos.
 - b) Sil.
 - c) Calc-fluor.
 - d) Nat-sulph.
-

12. Your husband/wife has a headache. There are a lot of job stresses that are very upsetting but he/she doesn't want to talk about it. The worst thing about the headache is that it is worse from being out in the sun.

- a) Nat-sulph.
 - b) Nat-mur.
 - c) Sil.
 - d) Calc-phos.
-

13. Sally just can't seem to heal from an abscess that she has had for the last week. It is large and red and discharging a yellow lumpy pus. She has been putting hot compresses on the lesion to help draw out the pus.

- a) Sil.
 - b) Mag-phos.
 - c) Calc-fluor.
 - d) Calc-sulph.
-

14. Which of the cell salts has an affinity to the blood and to anemia?

- a) Calc-phos.
 - b) Calc-sulph.
 - c) Sil.
 - d) Ferr-phos.
-

15. Which trio of cell salts has an affinity to teeth?

- a) Nat-mur., Kali-mur., Mag-phos.
 - b) Mag phos., Sil, Kali-sulph.
 - c) Calc-fluor, Calc-phos., Sil.
 - d) Ferr phos., Nat-sulph., Kali-phos.'
-

16. Billy has been growing so fast lately that his joints in his knees hurt. He is also going through a peculiar phase of complaining a lot, he often comes home from school with headaches or stomachaches. His mom doesn't know whether to believe him or not.

- a) Sil.
- b) Calc-phos.
- c) Calc-sulph.
- d) Nat-phos.

ASTROLOGY & THE CELL SALTS

Aries.....	Kali-phos.	March 21-April 19	Libra	Nat-phos.	September 23-October 22
Taurus	Nat-sulph.	April 20-May 20	Scorpio	Calc-sulph.	October 23 - November
Gemini	Kali-mur.	May 21-June 21	Sagittarius	Sil.	November 22-December 21
Cancer	Calc-fluor.	June 22-July 22.....	Capricorn	Calc-phos.	December 22-January 19
Leo	Mag-phos.	July 23-August 22.....	Pisces	Ferr-phos.	February 19-March 20
Virgo	Kali-sulph.	August 23-September 22.....	Aquarius	Nat-mur.	January 20-February 18

Aries is a cardinal **FIRE** sign ruled by Mars. "I am." Ram.
Rules the head, brain, eyes, face and muscles.
 Headstrong, adventurous with intense drives.
 Dynamic and eager leaders.
 Can internalize aggression, resulting in frustration, anger, depression.
 Can become overcommitted (driven/ambitious workaholics).

Taurus is a fixed **EARTH** sign ruled by Venus. "I have." Bull.
Rules the neck/throat: tonsils, thyroid, larynx, ears, tongue etc.
 Determined, dependable, strong willed, work horses. Blessed with stamina but can take long to recover from illness. Lovers of life's comforts: nice home/good food etc.

Gemini is a mutable **AIR** sign, ruled by Mercury. "I think." Twins.
Rules the hands, arms, shoulders, lungs, ribs, nervous system.
 Compulsive communicators, forever in motion, constantly seeking intellectual stimulation and escape from boredom.
 Can be flighty/gossipy/superficial. Unexpressed mental activity can create worry and anxiety.

Cancer is a cardinal **WATER** sign ruled by Moon. "I feel." Crab.
Rules the stomach, breasts, digestive tract, womb, pancreas.
 Retentive, nurturing (home loving) - extremely sensitive, psychic and sentimental. Need a secure home life. Big worriers.
 Lovers of nature esp. water/ocean.
 Can appear closed or 'crusty' as a protection against hurt feelings.

Leo is a fixed **FIRE** sign, ruled by the Sun. "I will." Lion.
Rules the heart, spleen, spine and upper back.
 Dignified, proud leaders. Creative and warm, their fiery spirit and sense of fun keeps them relatively healthy. Egotistical, they need to feel loved and appreciated to stay in prime health.

Virgo is a mutable **EARTH** sign ruled by Mercury. "I analyze." Virgin
Rules the sympathetic nervous system & lower digestive tract.
 Organized – to a fault! Their analytical power, diligent work ethic and quest for purity and perfection can lead to illness from overwork, worry and self-criticism.

Libra is a cardinal **AIR** sign, ruled by Venus. "I balance." Scales.
Rules the kidneys, adrenal and lower back.
 Thrive in happy, harmonious relationships with others and in aesthetically pleasing environments. Weighs problems (everything).
 Often uncomfortable with confrontation.
 Can be idealistic, frivolous,

Scorpio is a fixed **WATER** sign, ruled by Pluto. "I desire." Scorpion.
Rules the reproductive and urinary tracts.
 Determined, passionate, intuitive and emotionally intense.
 Can be passionate, secretive, suspicious and vindictive.
 Can fall to great depths or transform like a Phoenix from the ashes.

Sagittarius is a mutable **FIRE** sign, ruled by Jupiter. "I aim." Archer.
Rules the hips, thighs, pelvis and liver.
 Filled with high energy, vision, enthusiasm, ambition, faith, optimism and an unquenchable desire for knowledge. A love of travel and sports and a need for freedom keep this sign on the move.
 Can be outspoken, lazy, boastful.

Capricorn is a cardinal **EARTH** sign, ruled by Saturn. "I use." Goat.
Rules the skeletal structure (bones and joints), knees, teeth.
 Reserved, rational, practical, disciplined, hard-working and serious.
 Steadfast and stubborn, can appear to become younger as they get older. Can have rigid beliefs and be resistant to change, penny pinching and cautious, cold (emotionally).

Aquarius is a fixed **AIR** sign, ruled by Uranus. "I know." Water carrier.
Rules the circulatory system (blood), lower legs (ankles, calves).
 Inventive, nonconformist, humanitarian, futuristic and freedom-loving.
 Progressive and forward thinking. Eccentric.
 Can be tactless, unconventional and unpredictable.

Pisces is a mutable **WATER** sign, ruled by Neptune. Fishes.
Rules the feet and immune system.
 Dreamy, sensitive, psychic, and spiritual. The chameleons of the zodiac, often taking on the burdens of others.
 Can become withdrawn, self-sacrificing and spiteful.