

Transcription of **Cell Salt II**

Book recommended. "Homeopathic Cell Salt Remedies". By Nigey Lennon, Lionel Rolfe

Cell salts are so safe to play with compared with higher potencies

Calc fluor 6x potency

Fluoride – good for teeth and bones, ligaments and also pains

Kids growing pains: give calc fluor, calc phos

Not added silica but is good to add also. One dose is usually needed.

Strengthening bones. Put in water, use on and off with whatever schedule works for you.

Strengthen our bones as we age.

Good for varicose veins. Prolapse, uterus or bladder.

Hemorrhoids, especially with itch and bleed.

If bleeding, add Ferr Phos 6x, helpful.

Best to take remedies internally to help from inside out. But can do externally with compress (Hemorrhoids)

Good for building teeth and bones in childhood or after a fracture.

Bruise to a bone. Around joints (after a sprain) @4:22

More serious conditions, put in water and do it for a few weeks, 5 days on and 2 days off usually.

Osteoporosis, osteopenia

Back pain, joint pain, worse when begin movement

Similar to rhus tox (better) this helps the action of rhus. But it depends.

Helps people with cavities: prone to cavities, prone to them?

No homeopathy since first treatments with homeopathy and better balancing in her system overall (daughter)

Gemmo: migraine. Tasted awful 7 min

For gout, she hasn't used it for that. Colchicum 200c if this doesn't help

Anal fissures, 6x, in water repeating with these are very good mostly. Low potency continues to get it into the body.

Blood vessels. Besides varicose veins.

If think getting a blood clot start it

If I have sensitive teeth.

Urine with an unpleasant smell.

Water bottle usage. Can continue with it over days.

Not to be shared. Switch a glass, add a couple of pellets. Tea is fine.

Back ache, lower back, late night, all morning,

Nat mur 6x if severe back ache

Enlargement of joints

Dry eyes

Issue with enamel of teeth: not strong enough. Missing some enamel

If you vomit undigested food.

Try for nails. Some Eczema where skin thickens and hardens. @11:50

Definitely try for tooth decay

“what a remedy will cause, is what it will cure”. And Fluoride actually destroys teeth. @12:10 which is why the homeopathic remedy will repair it. A toothpaste without fluoride is good. Get it out of water, good. Use ‘quant, duckduckgo (sold out). Brave

Search that info

One dose, even with any one of Calc fluor, calc phos, silica for any growing pain, works.

@ 14:30. Question: Is it ok to take it under the tongue? Yes.

Water dosing protects against ‘proving’. Succuss each time, before taking a sip. Maybe in a water bottle with a couple of pellets in it. Sip all day. Not a big deal.

@16:39. Could use anything, size-wise. A bathtub. It doesn’t matter, people like and do better with structure.

Animal trough. Doesn’t matter. But some people that’s too ambiguous prefer the idea of 8oz of water and 2 pellets.

@18min. , Q. Nat mur for blood pressure

@19min. Q. can mix multiple in a water bottle. Yes. Book p31 lists ailments and remedy lists. Index too.

Cell salts are so gentle, easy. Fun to play with . Not like higher potencies. You will find some that resonate with you more, you may like.

Maybe if you have low blood oxygenation, anemic.

@21 minutes , Bioplasma has all 12.

But when you need a specific cell salt, take that.

Thick menstrual bleeding. Also part of calc fluor.

CALC PHOS 6x

@23 minutes , BONES MUSCLE AND TEETH

Mentally emotionally physically exhausted after work, studying for exams, taking exams, any job you do, great convalescing from an illness. Continued effects of a flu, take this until you recover. Also, growth spurts, growing pains, stiff necks that’s caused by cold air, draft.

@24:25 Tension in trapezius muscles

Teething babies: calc fluor, calc phos, silica. If nursing, put it in your own water.

Especially if prone to poor teeth in your family or see it in the child. Less conventional, more natural remedies, the stronger your teeth and rest of body will be.

@26min. After a fracture, used it with her husband who has broken bones in his leg.

A Broken bone can be helped with Symphytum 30c, 3 times a day for a week or so.

@26:30min , Husband using a 1M dropper bottle several times a week. Doc commented on the speed of healing of that broken bone and healthy bone looking.

Anemia helps. Also recover if you are recovering from an illness, dragging on, Feeling run down. Put it in your water for a while. If generally feeling run down.

@28, If you don’t have enough calc phos in your blood this will help, that’s why you become anemic and that’s why it helps.

If you have been taking the BCP, this will help your body recover from that.

If you don’t have enough phosphorus, you can have vertigo when walking.

There's a lot more information in this book that you're going to want to read as well. Sometimes constipation, you can try calc phos, I would add silica 6x to that. Let me say that again: "for **constipation**, calc phos 6x and add silica 6x, remember silica helps to get things out." When the **bones around your ears** hurt, or ache, you might have a minor earache. Any **skin issues** where you have albuminous discharges: like egg white, or yellow. Can be your nose. Other minor skin issues.

@30min: Although internal is best, you can put it in water and use a washcloth to pat it on topically as well in the case of skin disorders with albuminous discharges. And you could put it in a cream and rub that on. It only takes a few drops of water to dissolve them, then put that into a lotion to rub on.

@31:05. CALC SULPH 6X

Blood Purifier. This is what they use in casts. Slow healing wounds. Boils or abscesses that are discharging but not healing. Wounds that become infected and pus-filled. Especially thick yellow pus that could be lumpy or blood- streaked. Sometimes people think of Hepar sulph with these things. If Hepar Sulph doesn't work. Thought of by some as the "deeper Hepar".

It's actually low potency. These low potencies can be very powerful. Also for colds, ear aches, eye infections or any other discharge that is thick and yellow. If you have post-nasal drip or if you have drainage out of only one side of your nose, and the other one is blocked.

@34min: Croupy cough, only in the morning. Also known as a protective cell salt. For the stomach, eyes, nasal passages, mouth, throat, heartburn, good for connective tissues, rheumatism. @35:30 if you have issues taking aspirin, if you react to that, take Calc sulph 6x. Sore throats with redness and swelling. Pressing pain when you swallow.

Anxious sleep – scary dreams. Tired and fall asleep easily but wake up around midnight. Angry and weak afterwards,

QUESTION: Can you use eggshells instead of eggshells when gardening? When Planting tomatoes?

@37 min: You could certainly try it. Bach flower remedies for gardening? You could try it. I think there is a handout on their website. You could put in a pitcher of water and water it. My flowers don't make it through the summer here. Maybe if I watered it more often? Use Rescue Remedy for transplanting, etc. I might add walnuts, it's good for change.

Schussler wants a low enough dose to be sure it gets into your body. @38, if you take calcium as a pill, how much of it do you get? It goes through your stomach, how much of it actually gets to where it needs to go. Not very much of it. You're much better off taking Calc fluor, calc phos, and silica to do the same thing. Add in the Mag phos cuz if your body doesn't absorb Calcium well, Magnesium would help. @38 min: take one pellet and put it in a water bottle and take a little of that and put it into the water (of the plant). You can make the remedies take a really long time with what you have. Q: Would it help Chickens? Oh, for sure. Yes they definitely help with animals. All remedies work with animals. If you have animals that are not producing strong eggs, eggshells, I would definitely give them Calc fluor, calc phos and silica in their water.

@39:30 : And if they are nervous chickens. Maybe they need a little Rescue Remedy. I gave my dog Vine and Holly, O my, my little dog is super jealous, so I put some Holly in her water and she did calm down. @40 min Is Cell Salt Part 1 posted? I think so. I will double check. In the first

one we went over the 'oddballs' : Ferrum Phos, Mag Phos, and Silica. I call them that because they don't have....., there are 3 calcs, 3 Kalis and 3 Nats.

@ 41:15 Q: I take a 30c remedy for blood pressure, can I add that in the water as well? Anne: I wouldn't, they are a different potency. Cell salts can be taken much more often. They are not meant to be mixed. @42min: Do you think we should take a break as you have said. Anne: How you plan to dose higher potency remedies vs a cell salt is entirely different. @42 min: In Classical homeopathy, if someone comes to me with an issue of Blood Pressure, We treat the whole person, not the disease. Most often they are going to take 2 doses of a constitutional remedy for 2 days and then won't take another dose of that remedy for at least another month, until I see them again. So Remedies continue working even when you are not taking them. These low potency ones that are 6x are different. And that's why I say put them in your water and drink them for a few days. I would never suggest that for a different remedy, higher potency. Ever. Unless you were directed by a professional homeopath. So there's a high chance of proving it, having an aggravation and if done for a long enough time, they will not go away. Usually think of remedies that if you walked into a pharmacy, say CVS, would walk in and take whatever you wanted for as long as you wanted without direction? That's how potent that remedies are and how quickly they can cause problems when not taken as directed. So they continue to work for a very long time. For the low potencies like this, that's why they are safe and I say you can take it for 5 days on and 2 days off. And you can take them for weeks. Other ones, you can't do that. Or it could be dangerous, I should say. @44 min, And they should continue a higher potency if it's the right one. When we have ailments in our body for chronic illness, or disease, or whatever the issue is, most of them do not start right away. Let's say it's migraines or stomach pain. They've been going on for months, years, for a lot of people. It's going to take more than a few doses in order to correct that and it takes a while to work. So that's why we'll dose for 2 days and wait a month. The remedy is working even when you are not taking it. That is why..., then when we check back in a month, if it's the right remedy, people have seen an improvement in their inner issues, whatever their problem is that they've come for help with. If it's the wrong remedy then we try another one and that's where the homeopath evaluates, "Is this the right remedy?" "Do you need another potency?" "is it too low?" and go from there. @45 min, Does that answer your question? Yes, absolutely, thank you. You're welcome.

I think the next class we will go for 6 and we'll go through the Kali's and the Nat's. so we can finish the cell salts up. And then I definitely recommend this book, hold it up. Maybe get on Amazon. Or someplace else. I paid \$13 a long time ago. It would be a great resource to have. Question: In the handout on cell salts you posted, they refer to 6x and 30x and also 30c and 200c. Do you recommend staying with the 6x? Answer: For cell salts, they're specifically 6x. These remedies come in a bazillion different potencies. We are specifically talking about how to deal with them at a 6x potency. That handout is from a great company that doesn't exist anymore. It was 1-800-Homeopathy and they would put out a little handout like that, a booklet, every quarter. It was really nice because you could go and get a cell salt, look up one of your cell salts and just get a paragraph in bold of what it would cover so you could reference it quickly. However, I believe it was Hyland's that bought them out, when I went to look it up, which is why I posted it because no one owns it anymore. The company doesn't exist. That was advertising what they sell for that in particular. They had great little booklets. Really handy.

@47 min, What I would recommend again to take, get index cards. Write down some of the main things, Write down some of the main things each remedy addresses, so that when you have an issue, you're not trying to go through a couple hundred page book. This does have an index in the back, but if you've got 12 index cards of cell salts and you wonder, which ones are for slow healing wounds, you can just go and find those quickly. And just put like the top 10 or 15 things. You could write down varicose veins, hemorrhoids, teeth and bones, for Calc Fluor. Growing pains, so that you can refer to them quickly. You could carry them in your purse. You could study them if you wanted to but at least it would be something quick and when you have more time, go and read about them. When you have something like a slow healing wound, you don't want to be digging through a book saying, which one was it? or pages of notes. You should be able to print it off, what I have on my website, those pages on the cell salts. So that you could also quickly reference those and be able to look at them very quickly. Maybe you're just not as impatient as I am. ☺ I know that when I was starting out I wanted to be able to look and find things very fast. Note from a student: Sidney retyped those pages, so I will repost her beautiful handout that she did. Are you ok if I put your name on it so you get credit for that? I will put those on my website. I appreciate that. And then you guys can all just print those out. Those will be a little easier to read than the other ones. They were on glossy paper and it didn't matter how I copied it, tried to scan them in, they just did not do good. You can post them on the Corac website, too. I will email them to the Corac website, so they will probably put them with the class. I will put them on my website. Wherever you are, then you can find them and print them out. Signing off.

Can print off pages on her website also to have a hard copy of info to follow (handout re-typed by Sidney) Will send to Corac website too.

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