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November 24, 2023 | Glynis Kennedy

Cells salts & Biochemic Medicine

The use of cell salts is rooted in the cell theory of Virchow, who discovered the body is really a collection of cells, and therefore, medical treatment should be directed towards the individual cells of the body.

Schuessler elaborated on Virchow's work; he discovered that the body breaks down into 12 basic mineral cell salts. Combining his knowledge of the mineral salts with his knowledge of human cellular structure, Schuessler discovered and implemented a medical treatment system to preserve human health by providing treatment at a cellular level; this system is called Biochemical Medicine and is acknowledged worldwide.

Basically, Cell salts provide the nutritional elements of the cell. This inorganic matter is very important even though there is more water and organic matter in cells. Biochemical functions of the body need these minerals so that cells can function properly and reproduce. If certain minerals lack body chemistry, the body will be out of balance, and the person will be much more susceptible to illness and disease.

Cell salts are also called mineral salts or tissue salts, and they are prepared and sold in precise low dose remedies that have a powerful effect on the body. They are in an easy to digest ionic form; when they are dissolved under the tongue or even swallowed with water, the active ingredients become readily accessible to the cell. Your body will continue to take the nutrients it needs from the mineral cell salts, but you can't overdose because if the body has too much of one mineral, it will simply get rid of it. The body doesn't even have to use up extra energy to eliminate the excess amounts of tissue salts.

> *Tissue Cell Salts Kit - Lactose-Free (Liquid) provides natural support to boost immunity and stimulate natural healing. Aims to provide cellular nutrition vital to cellular function.*

Each of the 12 cell salts is available in different strengths; typically, the larger the number, the more potent the remedy is. The most common strengths that people buy are between 6x and 30 x, and these are readily available for purchase here. If you require a higher number dosage, it is usually prescribed by your health care provider or homeopathic practitioner.

Cell salts - How Do I Use them?

1. *Calcarea Fluorica (fluoride of lime)*

Where is it found in the body?

This cell salt is found in the enamel of teeth and bones, in connective tissue, and elastic fibers of the skin.

What benefits does it provide?

It is responsible for tissue elasticity. This cell salt provides healing support for muscles, tendons, and ligaments that are lax or weak. Things like hemorrhoids, varicose veins, tooth decay, problems with tooth enamel or late dentition, and swollen glands may benefit from the use of this remedy. Skin issues, like the loss of elasticity and dry, cracked skin, can often be resolved.

2. *Calcarea Phosphorica(phosphate of lime)*

Where is it found in the body?

It is found in new blood cells, the dentin of our teeth, in our bones, and gastric juices, and it is considered the primary builder of bone tissue.

What benefits does it provide?

Remember, this remedy is very useful for feelings of exhaustion. It can help restore the body after mental, emotional, or physical stress or when recovering from acute disease or infection. Use for growth problems, broken bones, cramps, feelings of coldness, chronic tonsillitis, constant colds, and night sweats.

3. *Calcarea Sulphurica(sulphate of lime)*

Where is it found in the body?

Calc Sulp is mostly found in the skin; it is present in connective tissue but also in liver cells.

What benefits does it provide?

It works well for cellular regeneration, so it is an important remedy for skin problems and wound healing very slowly. Deals effectively with discharge or pus from anywhere on the body: bronchitis discharge, boils, acne, ulcers, or even a thick croupy cough. It is also a great blood purifier and has a strong detoxifying effect on the liver.

Cal phos is different from the other calc supplements because those who should be using it mainly don't like to be anywhere that is hot or stuffy.

4. *Ferrum Phosphoricum (phosphate of iron)*

Where is it found in the body?

Primarily found in red blood cells, muscle cells, blood and lymph vessels, and hair cells.

What benefits does it provide?

The oxygen-carrying capacity and anti-inflammatory action make this a marvelous first-aid remedy for practically all illnesses during the acute phases of the disease. Effective for treating symptoms like poor appetite, fatigue, vomiting, congestion, pain, temperatures, and headaches.

Anemia and its associated feelings of chronic fatigue and bleeding are common indicators of correct remedy choice. You can even sprinkle a powder of this cell salt on a wound to help stop bleeding.

5. *Kali Muriaticum(potassium chloride)*

Where is it found in the body?

This mineral is found in the muscles, blood, nerve, and brain cells.

What benefits does it provide?

Think white to know what the benefit of this supplement is! Is there a white coating on your tongue? Do you have white mucus or pus? Then this is the remedy to use. Without potassium phosphate, the body cannot make fibrin, which helps the blood clot, which indicates that fibrin is not forming a white coating on the tongue. White mucus and blisters are also good indicators for this remedy.

Kali Mur is useful for treating the common cold, asthma, coughing, chickenpox, measles, burns, jaundice, leucorrhea, and acne. Also, it can be used to increase vitality.

6. *Kali Phosphoricum(Potassium phosphate)*

Where is it found in the body?

Kali Phos is found in all cells in the body, especially in the brain's gray matter, nerves, muscles, blood cells, and plasma. All oxidation processes use it.

What benefits does it provide?

Very useful for nervous conditions and exhaustion; can be used during exams or times of work-related stress. It is known as nature's great antiseptic and is a remedy for offensive secretions and excretions.

7. *Kali Sulphuricum(Potassium Sulphate)*

Where is it found in the body?

Kali Sulp is found in the epidermis (skin) and also in the epithelial cells found in mucous membranes like the inside of the nose, mouth, and esophagus.

What benefits does it provide?

Kali Sulph helps carry oxygen to the cells. This is a good remedy for when you are coughing up yellow phlegm, such as with a chest cold, bronchitis, or a sinus infection. It is also useful for hot flashes, chills, weariness, inflammatory conditions, and toothaches, pain that worsens when inside and for when you are feeling boxed in. It can be used to treat stomach catarrh and its various symptoms such as fullness, flatulence, vomiting, bad taste in your mouth, and sleeplessness.

8. *Magnesia Phosphorica(Magnesium phosphate)*

Where is it found in the body?

This mineral salt is primarily found in the nerves, bones, teeth, white matter of the brain and muscles, including the heart.

What benefits does it provide?

A great treatment for acute pain from toothaches, ear pain, headaches, muscle twitches, and cramps can even lessen menstrual discomfort. It also provides relief from spasms of hiccups or yawning. It can be useful for treating the stabbing burning pain from a damaged nerve and can be used for neurological issues that result in insomnia.

9. *Natrum Muriaticum (Sodium chloride)*

Where is it found in the body?

Nat Mur is a part of every liquid and solid in the body; it is even found in your skin.

What benefits does it provide?

This is the most important cell salt in the body as all other cells depend upon it for their distribution. Nat Mur is the regulator of all the fluids moving in and out of every cell; if you don't have enough of this particular cell salt, you may suffer from conditions in your body that show problems with excessive moisture or dryness. Examples of dryness might be constipation, dry mouth, constant thirst, and dry lips. We would be looking at conditions like edema, swelling, the over-production of saliva, and thin clear mucous production with too much water.

Craving salty foods is an indication that you don't' have enough of this cell salt. Natrum Muriaticum can be used to treat a wide variety of health issues: cough and colds, insomnia, falling hair, headaches; it even acts as an antihistamine and can be applied topically to bug bites. Nat Mur is useful for treating back pain that is improved when you are lying on a hard surface and helps with emotional upset caused by grief.

10. *Natrum Phosphoricum(Sodium Phosphate)*

Where is it found in the body?

Nat Phos is found in the blood, muscles, nerve and brain cells, digestive organs, and also in intracellular fluid (fluid found inside cells).

What benefits does it provide?

This remedy's main function is to maintain the acid-base balance in the body. Nat Phos converts lactic acid into its by-products. It makes perfect sense to use this cell salt for heartburn, gas, upset stomach, acid reflux, and colicky infants who vomit curdled milk.

An acidic environment in the body can lead to lots of inflammation. Use this cell salt to treat gout, stiffness, swollen joints, and rheumatism. An acidic state in the body can also affect the brain and cause emotional distress. Nat Phos is useful in treating these concerns. You can also give this remedy to someone with a headache on the top of the head.

11. *Natrum Sulphuricum (Sodium Sulphate)*

Where is it found in the body?

Nat Sulp is primarily found in the head and liver. It is also found in intercellular fluids (fluids between the cells).

What benefits does it provide?

Relieves illnesses caused by cold, damp weather such as asthma that is worse with dampness, and coughs and colds resulting from damp weather, earaches, and a greenish coating on the tongue. Natrium Sulphuricum can be used to treat malaria, liver ailments, kidney problems, and gallbladder troubles.

12. *Silicea(Silicic acid or silica)*

Where is it found in the body?

Silicea is found in our bones, teeth, hair, nails, glands, skin, and mucous membranes.

What benefits does it provide?

People that need Silicea may sweat a lot and/or get cold easily. This cell salt aids in pus formation and speeds the healing process after surgery. It also helps with fatigue and nervous exhaustion. It is the #1 cell salt for people with weak hair and weak nails or problems with nails and toenails.

Silicea may relieve headaches that rest over the eyes and result from work stress or sinus infection; also useful for constipation with large, hard stools.

Practical Tips for Taking Cell Salts

Using cell salts in your daily routine is easy and can be a valuable part of your wellness journey. Here are some practical tips on how to take cell salts:

1. Choosing the Right Cell Salt:

Identify the specific cell salt that aligns with your health needs. Refer to the descriptions in the blog to understand which cell salt may be most helpful for your condition.

2. Dosage and Timing:

For best results, take 10-15 drops 3-4 times daily in 8 oz of water. If you weigh less than 100 lbs, use half a dose or take as prescribed.

Keep in mind the cell salts won't interact with other medications.

3. Timing Matters:

Try to take cell salts away from meals. It's ideal to take them 30 minutes before eating or an hour after eating.

If you forget a dose, don't worry; take it when you remember.

4. Consistency is Key:

Cell salts work best when taken consistently over time. Make it a habit to take them regularly as directed.

5. Storage:

Store your cell salts in a cool, dry place. Keep them away from direct sunlight and moisture.

6. Complement Other Health Practices:

Cell salts can complement other health practices you're already following, like a balanced diet, regular exercise, and stress management.

7. Observe and Record:

Pay attention to how you feel after taking cell salts. Keep a simple journal to track any changes or improvements in your health.

8. Be Patient:

Remember that cell salts work gently and gradually. It may take some time before you notice significant changes. Be patient and consistent.

> *BIO28 is best used for colds, headaches, and nervous tension. This combination of all twelve cell salts may restore energy and wellness. Also, it may promote the health of your immune system by providing your cells with the needed mineral supplements.*

Incorporating cell salts into your wellness routine can be a positive step toward better health! By following these tips, you can maximize their benefits and support your overall well-being.

The Bottom Line

Cell salts and biochemic medicine offer a unique and gentle approach to supporting your body's well-being. These tiny but powerful remedies have a rich history and have been trusted by many for years.

The beauty of cell salts lies in their simplicity and safety. They can be a valuable addition to your wellness routine, working quietly to help your body maintain balance. However, remember they are just one piece of the puzzle. A healthy lifestyle, including a balanced diet, exercise, and emotional well-being, is also crucial to your overall health.

So, if you're curious about trying cell salts, go ahead and give them a try!

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