

Tissue Salt Kit

Tissue salts are also known as Cell salts or Biochemic Cell salts (Biochemic means the chemistry of life). 12 major salts make up the composition of our cells and our blood, enriching the blood and ensuring proper nutrients are being carried to the cells. A healthy balance within ourselves can be maintained or recovered by using cell salts. Tissue salts are completely safe. They may be used by infants, children, pregnant, nursing women, the sick and the elderly. They may be used at any time.

#1 Calcarea fluorica (Calc fluor.)

(Fluoride of Lime)

Function; maintains the elasticity and contractive power of muscles, arteries, and veins. Vital to the ability of the periosteum to cling to the bones. Helps maintain connective tissue integrity. **Deficiency symptoms;** cracks in the skin, loss of elasticity in muscles and tissues, relaxed condition of veins and arteries (leading to hemorrhoids, varicose veins and aneurysm), sluggish circulation, loose teeth, spinal injuries, hard lymph nodes in the neck, ganglion cysts, bones spurs, fibrocystic breast disease, cracks and fissures in the hands, depression, ringing in the ears and conjunctivitis. Great depression, indecision and fears about money. Nat phos is always needed in order to absorb Calc fluor. Kali mur is also recommended to be taken along with, or just before, Nat phos.

#3 Calcarea sulphurica (Calc sulph.)

(Sulphate of Lime)

Function; blood purifier and healer that removes waste products from the blood. Aids in the production of bile and the proper digestion of fats. **Deficiency symptoms;** pimples, sore throat, colds, all conditions arising from impurities in the blood, abscesses of any sort anywhere in the body, pneumonia, croup and acne. Changeable mood, sudden loss of memory or consciousness, being absent-minded, increased irritability, discontented, full of fears, anxiousness that is better for being outside. Calc sulph should be given whenever there is a wound or a sore with potential for infection. Excellent for boils and for infected areas of the skin that just will not heal. Silica hastens the expulsion of infection and foreign materials while Calc sulph encourages the closing of the wound and the processing of the infection through the eliminative organs of the body. It is usually advisable to administer both Calc sulph and Kali mur should a Calc sulph deficiency occur.

#5 Kali muriaticum (Kali mur.)

(Chloride of Potash)

Function; aids in the treatment of burns, and digestion by increasing bile which is needed to process fats and fat soluble vitamins. Cleanses and purifies the blood. **Deficiency symptoms;** sluggish conditions, catarrhs and mucus discharges that are white in color, sore throat, torpidity of the liver, gall bladder problems, white colored tongue, light colored stools, cough, colds, anemia, restless sleep, ingrown toenail (supplement Silica also here) and seizures. Kali mur deficiency promotes the swelling of tissues throughout the body. Examples include: swollen ankles, enlarged ovaries, swollen arthritic joints, enlarged lymph nodes, inflammation in eustachian tubes and nose, increased swelling after sprains and fibromyalgia (also a magnesium deficiency). Great sadness alternating with cheerfulness, irritable and angry at trifles, often sits in silence, and intense fear of evil. Kali mur reduce obstructions in the heart, liver, gall bladder, kidneys, and bladder. Aids in the removal of heavy metals from the body. Kali mur is necessary for the utilization of fatty acids. Fatty acids are vital to the absorption of minerals and the functioning of basic body systems and organs. Kali mur prevents stores of Nat phos from becoming depleted.

#2 Calcarea phosphoricum (Calc phos.)

(Phosphate of Lime)

Function; aids normal growth and development. Restores tone and strength. Necessary for injury repair. Aids in digestion, bone and teeth formation. Essential for recovery from and prevention of anemia. **Deficiency symptoms;** anemia, low blood volume, tendency to bruise easily, blood coagulation problems, imperfect circulation, bone weakness, poor assimilation of nutrients, shriveled, wrinkled, or pasty looking skin, chronic sore throat, enlarged tonsils, inability of the body to maintain warmth particularly in the tip of the nose, the hands, and the ears. General feeling of chilliness. Impaired memory, inability to concentrate and increased anxiety. Nat mur and Nat phos are often needed for optimum absorption of Calc phos. Protein, magnesium, sodium (from sea salt), and potassium are also required.

#4 Ferrum phosphoricum (Ferrum phos.)

(Phosphate of Iron)

Function; first-aid, oxygen carrier, supplementary remedy. **Deficiency symptoms;** Anemia with accompanying symptoms of fatigue and the need for abnormal amounts of sleep. Dizziness, rapid heart beat, shortness of breath and headache with slight amounts of exertion, difficulty concentrating, leg cramps, insomnia, craving for unusual foods and cracks at the corners of the mouth. Lack of red blood corpuscles. Nose bleeds, inflammatory pain, high fever, quickened pulse, conjunctivitis, varicose veins, and constipation as intestinal walls become too relaxed. Indifference to the details of daily life, loss of hope and courage, small things seem like huge difficulties and create extreme annoyance, delirium, maniacal mood swings, dizziness as a consequence of anger, inability to find the right word. Give Ferrum phos at the beginning of a fever.

#6 Kali phosphoricum (Kali phos.)

(Phosphate of Potash)

Function; the maintenance of the nervous system through movement of nutrients through cell walls and from cell to cell. **Deficiency symptoms;** nerve problems include the whole spectrum of emotional issues, some of which are listed here. Muscle fatigue, muscle spasms, menstrual cramping, general weakness, nervous headaches, lack of energy, sleeplessness, all symptoms associated with exhausted adrenal glands, poor vision, gums that bleed easily, poor digestion and elimination, diarrhea/constipation, vomiting, skin problems, nervous asthma, low blood pressure, heart palpitations and arrhythmias, irritability, memory and concentration issues, instability of emotions and thought patterns (unable to connect cause and effect where personal actions and choices are concerned), depression, dark forebodings, looking only at the downside of situations, timidity, tantrums, oversensitivity to noise. A key-note of Kali Phos deficiency is the omission of letters or words when writing, The use of wrong words, and confusion of ideas and thoughts when making a presentation or explaining something. Periods of extreme stress or illness, as well as prolonged less severe stress, deplete the bodys stores of Kali Phos. Kali Phos is often deficient in elderly persons. Nat Sulp is a necessary preliminary treatment for Kali Phos.

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#7 Kali sulphuricum (Kali sulph.)

(Sulphate of Potash)

Function: oxygen carrier, maintains hair, benefits perspiration and respiration. **Deficiency symptoms:** intestinal disorders, stomach catarrh, inflammatory conditions, shifting pains, and eruptions on the skin and scalp with scaling. Feelings of being boxed in physically or emotionally. Extreme irritability, always being in a hurry but unable to get everything that is wanted done, anxiety in the evening, timid in crowds, any mental exertion aggravates all symptoms. Viral infections, colds, and flus deplete Kali sulph. This deficiency must be corrected in order for the patient to fully recover. Never-the same-since (NSS) symptoms from any cause usually indicate a Kali sulph deficiency.

#9 Natrum muriaticum (Nat mur.)

(Chloride of Sodium)

Function: water distribution, nutrition and glandular activity, cell division, growth and aids the digestion process. **Deficiency symptoms:** weakness bordering on collapse if the deficiency is severe enough. Headaches with constipation. Runny stools, thin and watery blood, heartburn, toothache, hay fever, constant sore throats with a nose that is running clear liquid, abnormal appetite with thirst, sense of coldness, low blood pressure that is alleviated by adequate intakes of salt and water, excessive perspiration with exertion, inability to digest meats, pale and waxy looking complexion, and neuralgic pains. Low spirits, feelings of despair about the future, dwelling on depressing subjects or events, continually bringing up the past and dwelling on it, feeling like a good cry for no reason but consolation from others aggravates and annoys, angry irritability with passionate outbursts, excessively excited and fast moving, mental exhaustion—mental exertion causes fatigue.

#11 Natrum sulphuricum (Nat sulph.)

(Sulphate of Sodium)

Function: eliminates excess water. Ensures adequate bile. Removes poison-charged fluids from the interior of cells, treats rheumatic ailments. **Deficiency symptoms:** Influenza, asthma, malaria, liver ailments, brownish-green coating of the tongue, bitter taste in the mouth, urinary incontinence, bed wetting, water retention, type 2 diabetes, parasites, tendency to excessive bleeding, post-partum hemorrhage (use with Calc phos here). Poor short term memory, stumbling over words, inability to recall the word wanted.

Bioplasma (BBCIOPLASX4)

Bioplasma is made up of all 12 tissue salt combined. It coagulates the blood in a serious, deep cut where bleeding is profuse. Bioplasma stimulates the body to uptake and utilize trace minerals. It stabilizes nerves and nerve tissue and promotes healing in any type of wound or injury. Great for fatigue, colds, nervous tension, bleeding, and headaches.

#8 Magnesia phosphoricum (Mag phos.)

(Phosphate of Magnesia)

Function: the outstanding function of Mag phos is on the nervous system, particularly as it communicates with muscles, including the heart muscles. It affects the elasticity of muscles, preventing or eliminating muscle spasms and muscle fatigue throughout the body. **Deficiency symptoms:** menstrual pains, stomach cramps, flatulence, bloating, constipation, neuralgia, neuritis, sciatica, headaches with darting stabs of pain, cramps, muscular twitching, exhaustion, night sweats, sleep and memory problems, resistance to new ideas, hiccups of babies (even in utero), water retention, swelling of tissues, restless leg syndrome, tourettes syndrome, depression, lack of self-esteem, asthma and Reynauds syndrome. Nerves are on edge with the inability to relax emotionally (showing as anxiety, nervous disorders, depression); susceptible to stress, pain, anxiety, and depression. Magnesium is one of the minerals that binds with heavy metals and other toxic substances so that they can be eliminated from the body safely. Mag phos and Nat mur are precursors to all the cell salts. They should be taken together before, or along with, any cell salt regimen.

10 Natrum phosphoricum (Nat phos.)

(Phosphate of Sodium)

Function: Acid neutralizer, promotes liver and gall bladder functions which aid in the breaking down of fats and the assimilation of nutrients, disperses lactic acid which can build up in muscles causing stiffness and paralysis. **Deficiency symptoms:** stiffness and swelling of the joints, acidic blood conditions, rheumatism, lumbago, worms, golden-yellow coating at the root of the tongue, indigestion, poor sleep, waking up with indigestion, and gout. Irritability, tension, crabbiness, argumentative tendencies. Nat phos and Mag phos are precursors to all the cell salts. They should be taken together before, or along with, any cell salt regimen.

#12 Silica oxide (Silica)

(Pure Silica)

Function: cleanser and eliminator, initiates the healing process, insulator of the nerves, restores the activity of the skin. **Deficiency symptoms:** Smelly feet and arm pits, pus formation, abscesses, boils, styes, clogged tear ducts, tonsillitis, brittle nails, stomach pains, diseases affecting bone surfaces, whitlows, gout, enlarged thyroid, cracked nipples in nursing mothers, suppressed perspiration, difficult wound healing, ingrown toe nails, falling out of the hair, and spinal irritation. Firmness of purpose but lacking the physical stamina to carry through. Inability to focus or maintain attention for even short periods of time, over sensitivity to noise, anxiety, great irritability, gloomy and despondent.

*For more information on Tissue Salts please refer to **Butterfly Miracles with Homeopathic Remedies I** by LaRee Westover*