



CELL SALTS CHART

The 12 cell salts are essential minerals for the function and regeneration of our body's cells and tissues.

#1

CALCAREA FLUORICA (CALCIUM FLUORIDE)

Function: Elasticity, shape

Primary Organs/Tissues:

Connective tissue, outer skin, bones, tooth enamel, tendons, ligaments, veins, arteries

Key Symptoms: Cracked skin, stretch marks, calluses, caries, osteoporosis, varicose and spider veins, hemorrhoids

Facial Signs: Reddish-blackish color under eyes and possibly face, translucent teeth

Zodiac Sign: Cancer

#2

CALCAREA PHOSPHORICA (CALCIUM PHOSPHATE)

Function: Tone, strength

Primary Organs/Tissues:

Bones, muscles, dentin, spine

Key Symptoms: Broken bones, muscle pain, tooth trauma, spinal issues, weak immune system, slow growth in children, osteoporosis

Facial Signs: Sharp-etched face, pale complexion

Zodiac Sign: Capricorn

#3

CALCAREA SULPHURICA (CALCIUM SULFATE)

Function: Blood cleanser

Primary Organs/Tissues:

Blood, skin, liver

Key Symptoms:

Blemished skin, sore throat, cold (1st and last stage), suppurating wounds

Facial Signs: Acne, pustules, pimples

Zodiac Sign: Scorpio

#4

FERRUM PHOSPHORIUM (IRON PHOSPHATE)

Function: First aid

Primary Organs/Tissues:

Red blood cells, blood vessels and arteries

Key Symptoms: Fever, inflammation, cold (1st stage), cough, sore muscles, anemia

Facial Signs: Red face, dark circles under eyes

Zodiac Sign: Pisces



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#5

KALI MURIATICUM (POTASSIUM CHLORIDE)

Function: Overall operator and collaborator

Primary Organs/Tissues: Skin, mucous membranes, glands, saliva

Key Symptoms: Colds and cough (2nd stage), tonsillitis, bronchitis, and skin eruptions — all with white discharges

Facial Signs: White face, chicken skin, rosacea

Zodiac Sign: Gemini

#6

KALI PHOSPHORICUM (POTASSIUM PHOSPHATE)

Function: Nerve tonic

Primary Organs/Tissues: Nerves, muscles, brain, spleen

Key Symptoms: Stress, anxiety, grief, sleeplessness, exhaustion; nervous headaches, asthma, and skin conditions

Facial Signs: Sunken temples and cheeks, pale to gray and unhealthy complexion

Zodiac Sign: Aries

#7

KALI SULPHURICUM (POTASSIUM SULFATE)

Function: Oil distributor

Primary Organs/Tissues: Digestive organs, skin, mucous membranes

Key Symptoms: Eczema, dandruff, hives, yeast infections, yellow mucus from colds and cough (last stage), upset stomach

Facial Signs: Discolored, brown-yellow and scaly skin

Zodiac Sign: Virgo

#8

MAGNESIA PHOSPHORICA (MAGNESIUM PHOSPHATE)

Function: Pain reliever, relaxer

Primary Organs/Tissues: Heart, muscles, nerves

Key Symptoms: Muscle pains and cramps, menstrual cramps, acute headache, toothache, teething in babies, and nerve injuries

Facial Signs: Constant red face, frequent flushing or blushing

Zodiac Sign: Leo



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#9

NATRUM MURIATICUM (SODIUM CHLORIDE)

Function: Water distributor

Primary Organs/Tissues:

Mucous membranes,
cartilage, glands

Key Symptoms: Runny or
stuffy nose, seasonal
allergies, headaches,
constipation, watery eyes,
low mood

Facial Signs: Large pores,
gel-like shine of skin

Zodiac Sign: Aquarius

#10

NATRUM PHOSPHORICUM (SODIUM PHOSPHATE)

Function: Acid neutralizer,
pH balance

Primary Organs/Tissues:

Joints, muscles, nerves,
blood, thyroid

Key Symptoms:
Heartburn, indigestion,
baby colic, weight gain,
rheumatism, joint pain

Facial Signs: Blackheads,
greasy skin, dropping
cheeks, double chin

Zodiac Sign: Libra

#11

NATRUM SULPHURICUM (SODIUM SULFATE)

Function: Detoxifier

Primary Organs/Tissues:

Inter-cellular fluids, liver,
gallbladder, digestive
system

Key Symptoms: Nausea,
vomiting, bitter taste,
diarrhea, hangover, and
influenza

Facial Signs: Greenish-
yellowish forehead and
temples, inflammatory-
redness on nose or
cheeks, bags under eyes

Zodiac Sign: Taurus

#12

SILICEA (SILICA)

Function: Grit, stamina

Primary Organs/Tissues:

Connective tissue, skin,
hair, nails, nerves

Key Symptoms: Thin
hair, brittle nails,
wrinkles, pimples,
perspiration, athlete's
foot

Facial Signs: Deep-set
eyes, crow's feet

Zodiac Sign: Sagittarius