



When you have completed your course, to receive your certificates, email:
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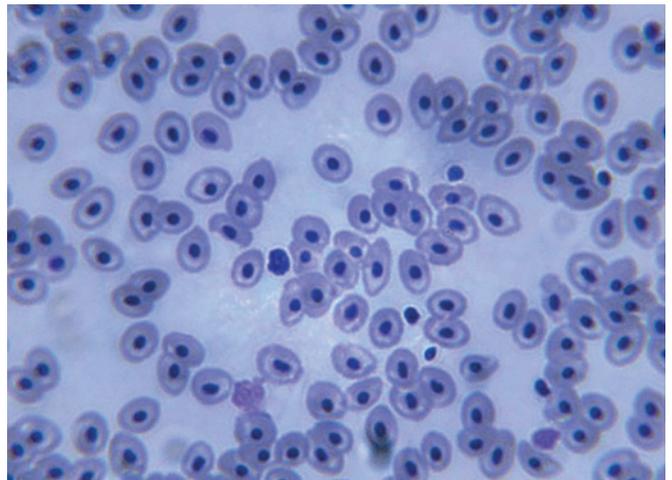
UK contact: Cherise Evertz
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Cellular Health

- Our HEALTH depends on the state of our cells because our bodies are made up of 50 to 100 trillion of them.
- Every cell works to combine oxygen with carbohydrate, fat and protein to release energy for individual cell function & cell renewal.
- It is important to replenish the minerals the body uses for its daily work.
- You are in charge of what you do and put into your body to support the cells that live within you.

What do our cells do?

- A cell assimilates nutrients, converts them into energy and eliminates waste materials.
- Our cells are the simplest form of living matter and the building block of life.
- Disease starts in just a single cell.



Why Minerals?

- Essential elements for healthy tissue structure: bone, skin and teeth.
- Help maintain acid-base balance, to keep the body pH neutral – crucial for immune & pain management.
- Help regulate body processes, such as the enzyme systems.
- Crucial function in nerve impulse transmission.
- Help release the efficient energy from food.



Who was Dr. Schuessler?



- Dr. Schuessler, born 1821 was the first to use the term Biochemistry – it refers to the chemical changes by which the life processes are carried on.
- Chemical changes in the body are affected by the union of organic substances with inorganic elements.

Biochemistry

- The term “Biochemistry” refers to processes and reactions such as breathing, metabolism and digestion which occur naturally in our bodies.
- Biochemistry is also used to indicate the method of treatment which was developed by Schuessler and is based on extensive research work.

Why Tissue Salts?

- Tissue Salts support healing processes in the body by regulating mineral levels in the cells.
- They help treat acute & chronic disorders of every type.
- They stimulate cell metabolism, provide the cells with minerals, and ensure that the minerals which the body ingests in food are evenly distributed.



Important facts on Tissue Salts

- They maintain sufficient cell metabolism crucial for the proper function of the cell.
- They ensure that the minerals which the body ingests in food are evenly distributed in the areas in the body most requires.
- They increase the efficiency of the absorption of crude or supplemented minerals & nutrients.

Inner Strength Begins at the Cellular Level

Only when our cells are healthy and cell metabolism is optimized can we maintain our inner strength, and build a stronger immunity.

What causes deficiency in the cells?

Negative stimulus such as:

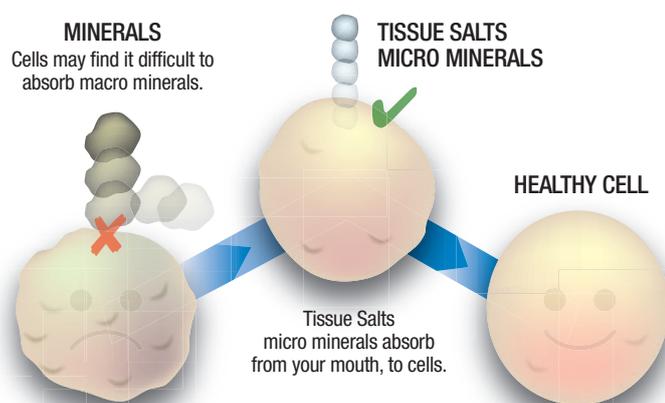
- Injury or a poor diet.
- Lack of exercise or oxygen or water.
- Pollution, electrosmog.
- Stress, bacteria or viruses cause a blockage in the cells regulation.
- These influences cause a blockage in the cells' regulation, which can be corrected by the salts, thus bringing the healing process into motion.

Inorganic vs Organic

- Our bodies are comprised of organic & inorganic matter.
- **ORGANIC MATTER** = carbohydrates (sugars), lipids (fats), proteins.
- **INORGANIC MATTER** = minerals & water.
- Organic & inorganic matter work together to sustain growth and development of all body systems, which is the **infrastructure of the body**.
- Vitamins are more effective when taken alongside Tissue Salts.



What's the difference between minerals and Tissue Salts?



- Tissue Salts are homeopathically prepared and stimulate cell metabolism.
- Tissue Salts provide cells with minerals and ensure that the minerals which the body ingests in food are evenly distributed.
- Crude minerals simply fill up the body's mineral reserves but do not improve absorption as do Tissue Salts.

Living a stressful life needs more than a healthy diet...

- A wholesome diet cannot replace treatment with Tissue Salts.
- Even when the body has been supplied with adequate nutrients in food, deficiencies in the body's own tissue salts may still arise from disease causing agents.

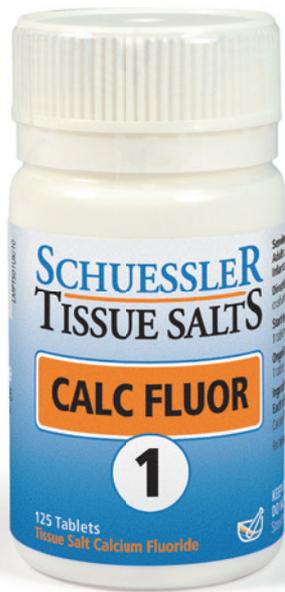


Tissue Salts can have a positive impact on your health

12 Single Tissue Salts

1	CALC FLUOR Calcium Fluoride	Elasticity	For haemorrhoids & muscular soreness, varicose veins, cracked skin, injured ligaments.
2	CALC PHOS Calcium Phosphate	Bone Health	For lowered vitality, indigestion & chilblains, beneficial for assimilation and digestion.
3	CALC SULPH Calcium Sulphate	Blood Cleanser	For skin ailments, pimples and slow healing wounds, glandular swellings or ulcers.
4	FERR PHOS Ferrum Phosphate	First Aid	For inflammations, fevers, throat & muscular soreness.
5	KALI MUR Potassium Chloride	Glandular Tonic	For congestion, coughs, colds or respiratory problems.
6	KALI PHOS Potassium Phosphate	Nerve Nutrient	For nervous tension, depression & irritability, tantrums, exhaustion, impatience or feeling run down.
7	KALI SULPH Potassium Sulphate	Skin Balance	For skin ailments, brittle nails & poor hair condition.
8	MAG PHOS Magnesium Phosphate	Muscle Relaxant	For spasmodic pains, cramps, colic & flatulence, menstrual & muscular spasms, pounding headaches.
9	NAT MUR Sodium Chloride	Fluid Balance	For both dry & excessive fluid, colds, loss of smell.
10	NAT PHOS Sodium Phosphate	Acid Neutraliser	For acidity, stomach upsets or heartburn or mild rheumatic or gouty tendencies.
11	NAT SULPH Sodium Sulphate	Water Eliminator	For biliousness, liver upsets & water retention, can aid the liver, spleen & kidneys.
12	SILICA Silicon Dioxide	Cleanser & Conditioner	For styes, boils & pus formations, promotes discharge, helpful with the maintenance of skin, hair & nails.





Calc Fluor 6X

Calcium Fluoride

- Supports formation of bones, tendons, ligaments, teeth & nails.
- This mineral provides firmness and hardness – protecting the teeth against decay.
- Can soften hardened tissue – scar tissue or make loose teeth firm.
- Smooths out wrinkles, scars and helpful when too much keratin – (callus).
- Maintains tissue elasticity, sluggish circulation and haemorrhoids.
- Varicose veins/spider veins and cracked skin are supported effectively.
- Hanging belly due to slack abdominal wall – stretch marks.
- Nail fungus, bone spurs.

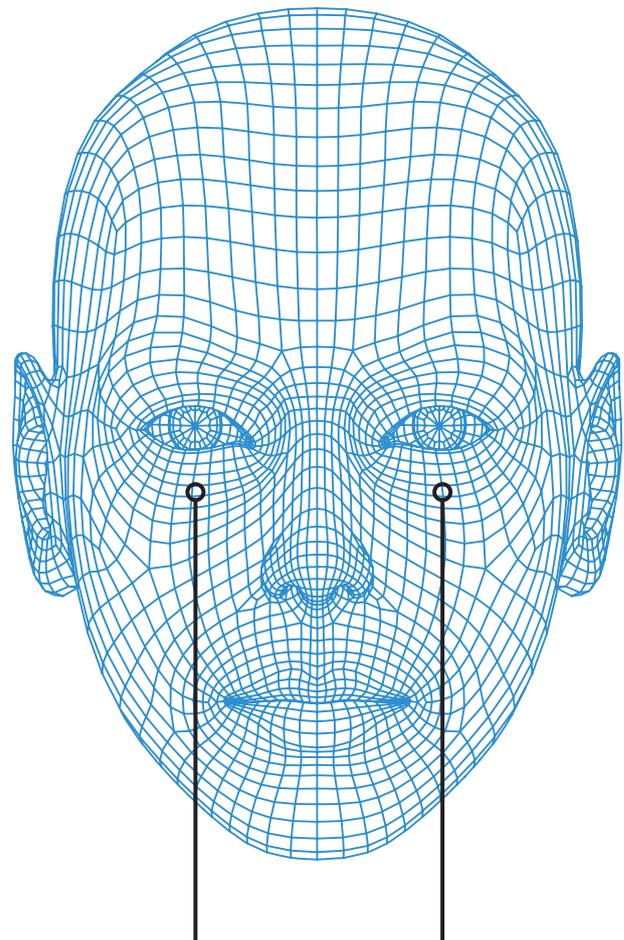
FACIAL DIAGNOSTICS

Tongue – Cracked

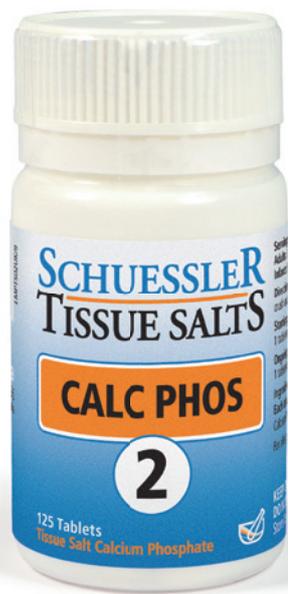
Mucous – Thick & Lumpy – yellow to green

Facial Signs:

- Brownish, blackish discolouring
- If very deficient – furrow under each eye
- Bluish and often cracked lips
- Transparent teeth
- Flabby skin



Discolouring & furrow or brownish discolouring



Calc Phos 6X

Calcium Phosphate

Cell builder, general tonic, body's raw building material.

Found in:

Bones, teeth, connective tissue, blood corpuscles and gastric fluids.

- Regulates cell growth.
- Beneficial for bone diseases, constitutional weakness.
- Nutrition tonic and assists with digestion and assimilation.
- Recommended for the treatment of anaemia.
- Builds bone structure.
- Present in blood in preferred form.
- Teeth & Body hold 90% of total body calcium and phosphate reserves.

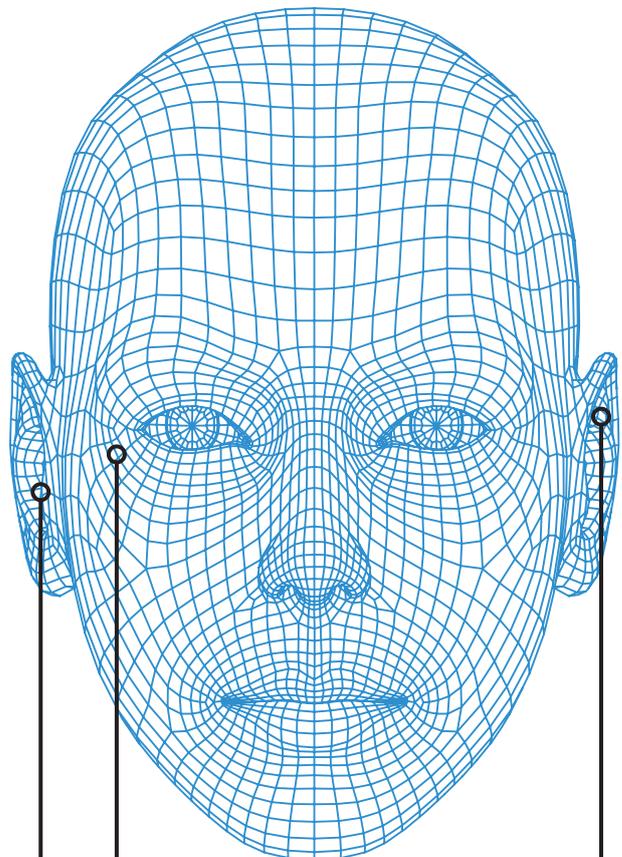
FACIAL DIAGNOSTICS

Tongue – Swollen, numb, thick, white with pimples – furry sensation

Mucous – Tenacious, often streaked with blood

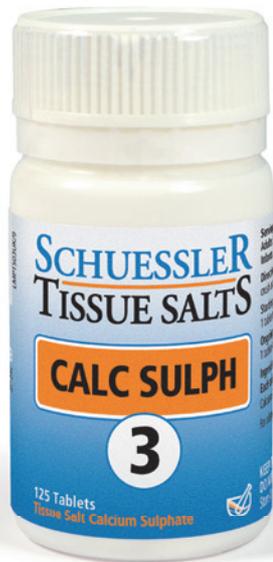
Facial Signs:

- White, waxy, white spots on teeth or nails
- Pale transparent waxy like looking skin
- Transparent teeth tips



Waxy-like discolouring

Waxy-white ears



Calc Sulph 6X

Calcium Sulphate

Blood purifier, cell healer, suppuration remover. Nature's corset as it holds everything together.

Found in:

Skin cells, the blood and bile from liver.

- Wound healing.
- Allows body cells to stick together (heal).
- Helps in the removal of waste products and has a cleansing and purifying effect throughout the system.
- Supplements the action of Kali Mur in adult acne and catarrh.
- Eye abscesses with yellow discharge.
- Acne, eczema, gumboils, ulcers, psoriasis.

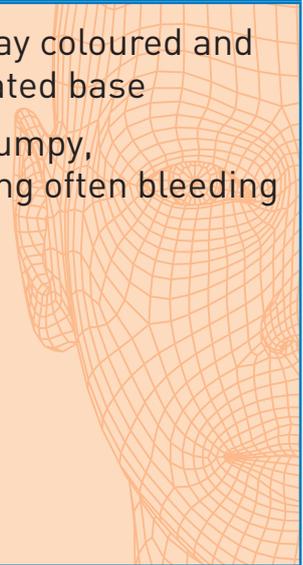
FACIAL DIAGNOSTICS

Tongue – Flabby, clay coloured and yellow coated base

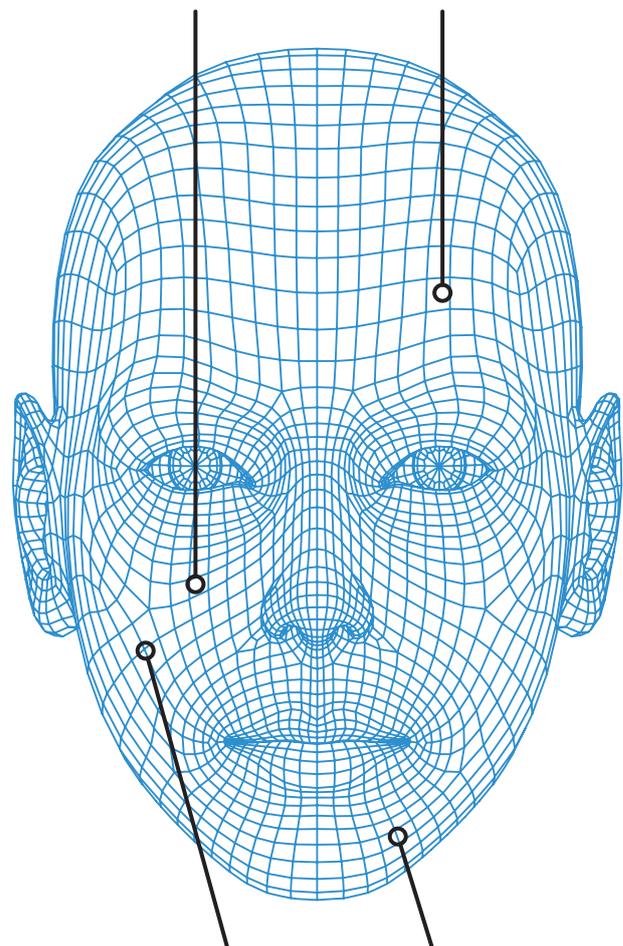
Mucous – Thick & Lumpy, suppurating often bleeding

Facial Signs:

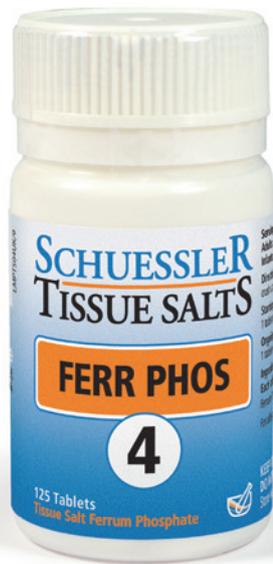
- White colouring
- Boils, abscesses
- Thick wrinkles
- Adult acne



Shiny, white skin areas
or entire face



Impure skin or adult acne



Ferr Phos 6X

Ferrum Phosphoricum

Oxygen carrier, First Aid salt, used in first stage of inflammation.

Found in:

Haemoglobin, strengthens blood vessels and is found in all cells.

- Weak concentration.
- Flu & Colds.
- Headache behind eyes.
- Sun intolerance.
- Conjunctivitis.
- Red, inflamed throat.
- Hot gums – painful.
- Anaemic imbalances.

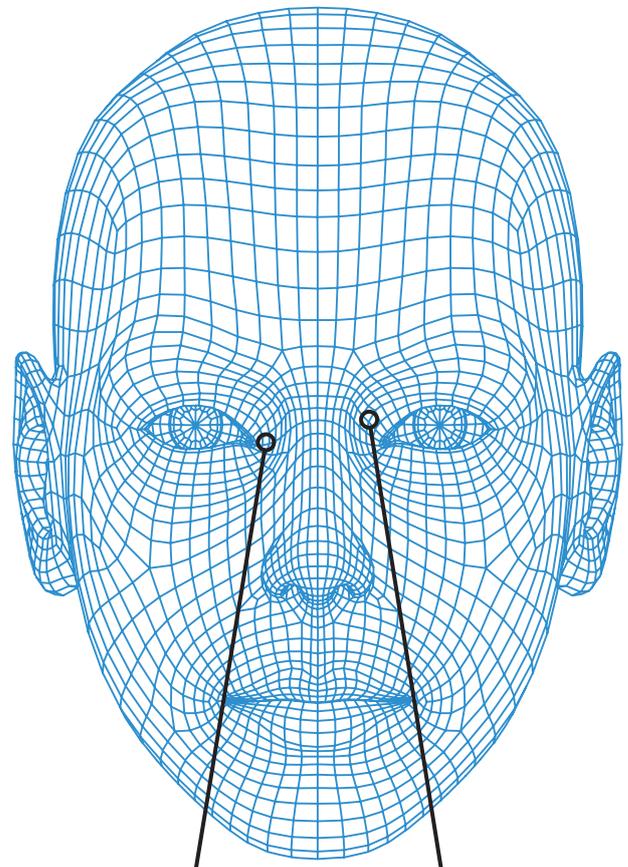
FACIAL DIAGNOSTICS

Tongue – Red & swollen – beefy appearance

Mucous – Dry, irritated, inflamed mucous, first stage of inflammation

Facial Signs:

- Bluish-blackish shadow at the bridge of nose
- Dark circles under the eyes
- Hot red ears
- Inflamed skin spots



Discoloured furrow or black-bluish



Kali Mur 6X

Potassium Chloride

Glandular tonic, congestion remover, used in second stage of inflammation.

Found in:

Every tissue except bone.

- Colds, coughs, bronchitis, tonsillitis.
- Ulcerated sore throat, catarrhal infection of the middle ear.
- Beneficial for the lymphatic glands and in chronic swellings.
- Works with Calc Sulph to cleanse & purify the blood.
- Regulates the levels of sodium in the body.
- Supports and influences the metabolism of sugar and protein-metabolic activator.
- PH regulation in the kidney.
- Crucial in digestive disturbances.

Tongue – White to greyish, white

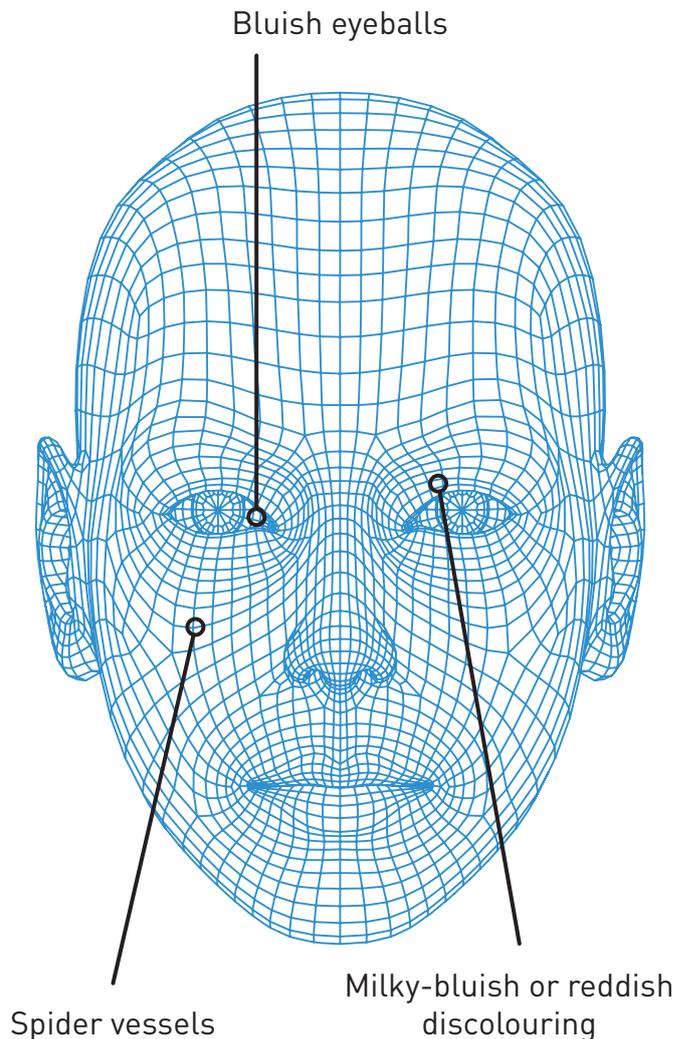
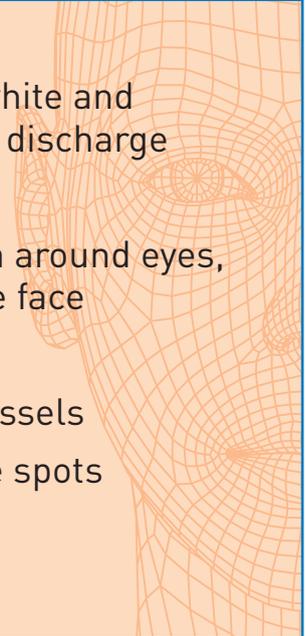
FACIAL DIAGNOSTICS

coating

Mucous – Stringy, white and tenacious discharge

Facial Signs:

- Milky bluish area around eyes, mouth and entire face
- Spider veins
- Red eye blood vessels
- Small hard white spots
- Bluish eyeballs





FACIAL DIAGNOSTICS

Tongue – Mustard like coating, dry

Mucous – Thick yellow, crusty

Facial Signs:

- Greyish undertone around mouth & chin or entire face
- Dull eyes, sunken and greyish temples

Kali Phos 6X

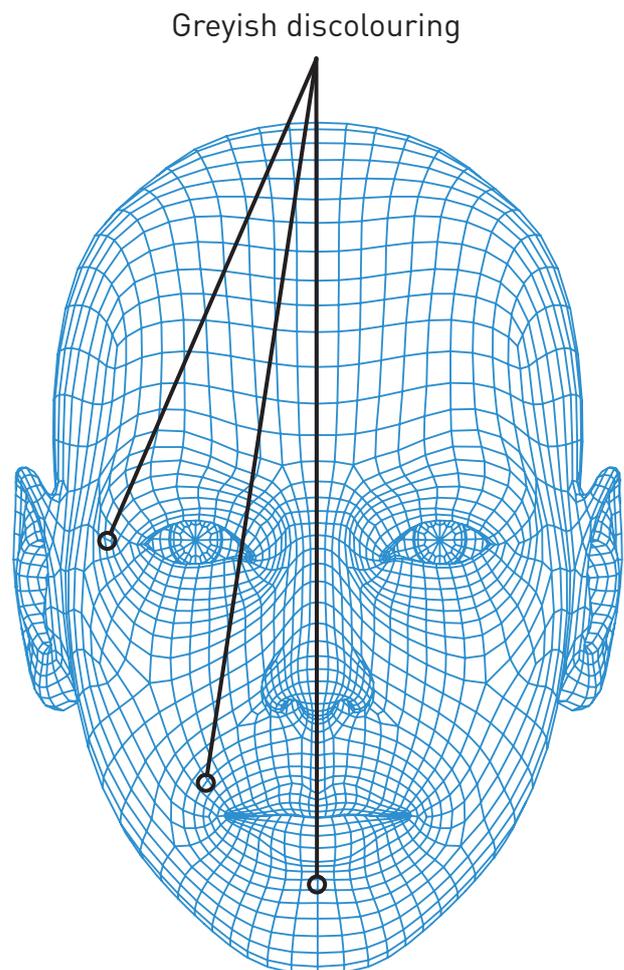
Potassium Phosphate

Nerve tonic and essential for the nerves and muscles to work. Regulates their coordinated function in the body.

Found in:

Tissue & fluid of nerve and brain cells also muscle cells.

- Tinnitus & loss of voice.
- Fuzzy bits in peripheral vision.
- Nervous exhaustion, depression, lowered vitality.
- Shingles, asthma, children's tantrums.
- Constituent of brain cells.
- Mental exhaustion.
- Bleeding gums, bad breath.





Kali Sulph 6X

Potassium Sulphate

Skin salt, cell oxygenator – 3rd stage of inflammation (infection).

Found in:

Cells lining the skin, and mucous membranes of all internal organs.

- Together with Ferr Phos carries oxygen to cells and tissues.
- Vital in cellular metabolic energy.
- Provides cell coating and important in keeping skin healthy with Silica.
- Supports formation of skin cells, hair and nails – (dandruff).
- Boosts productivity in the liver – pancreatic conditioner.

FACIAL DIAGNOSTICS

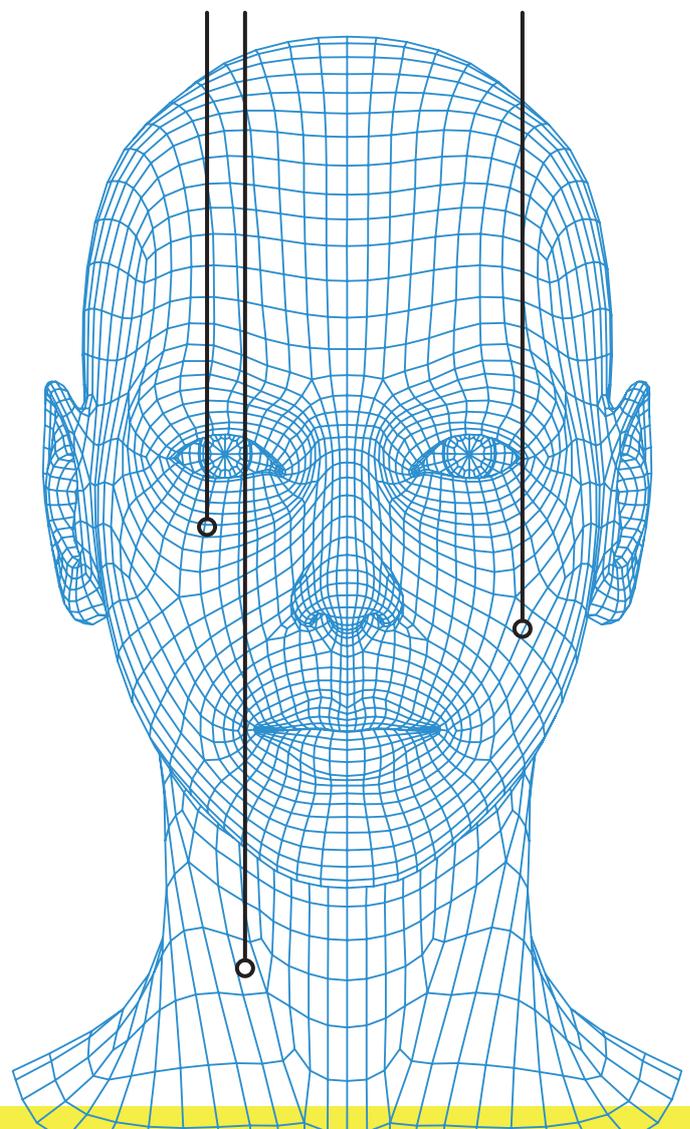
Tongue – Yellowish with a slimy coating

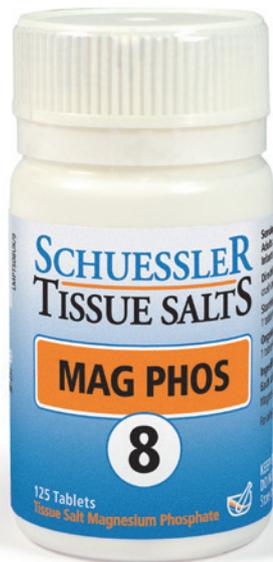
Mucous – Yellow, green, thick with excessive discharge, chronic stage of inflammation

Facial Signs:

- Ageing spots
- Pigmentation complaints, dirty unwashed appearance
- Brownish, yellow discolouring around chin and eyes

Pigmentation disturbances





Mag Phos 6X

Magnesium Phosphoricum

Nerve & Muscle Relaxant – antispasmodic. Twitches & spasms.

Found in:

Blood, bone and teeth – bone and teeth comprise of 60% of total body magnesium.

- Most extensive effectiveness – neuralgic pains, shooting, darting, stabbing pains – migraines, constipation, irregular pulse.
- An antispasmodic and is connected with the nervous system where it supplements the action of Kali Phos.
- Ensures rhythmic and coherent movement.

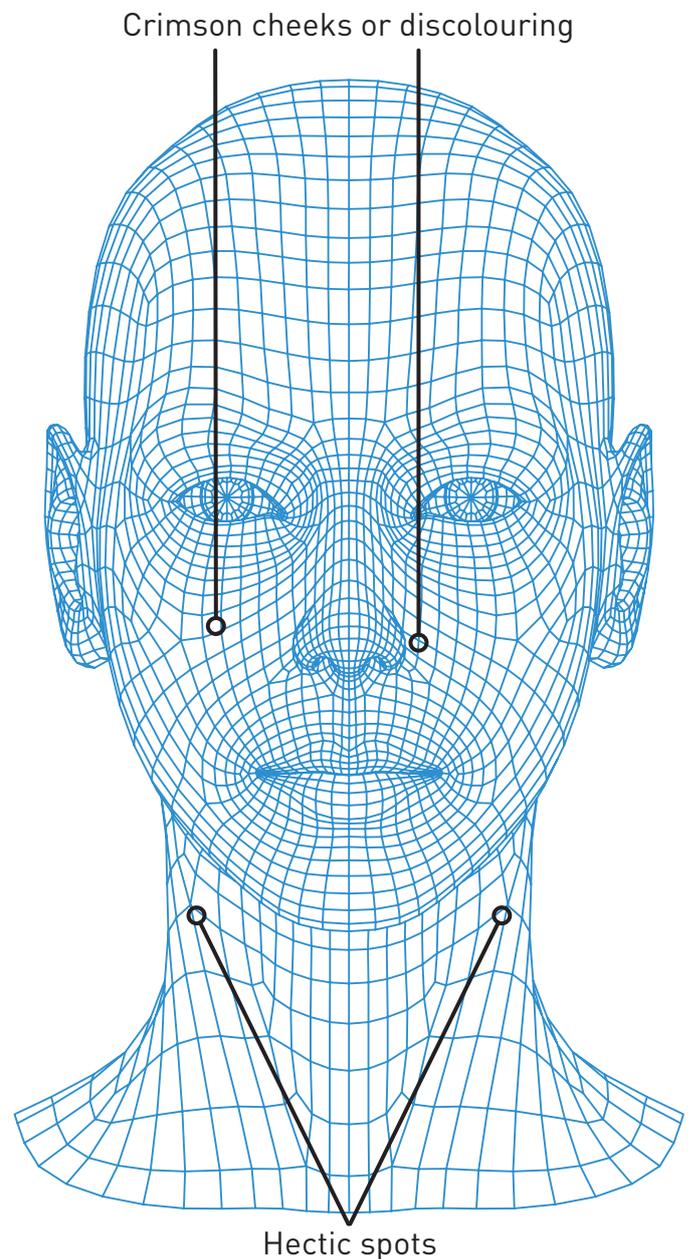
FACIAL DIAGNOSTICS

Tongue – Clean

Mucous – Nil

Facial Signs:

- Flushed, vibrant crimson spots
- Frantic blush, red flush after drinking alcohol or eating a hot meal





Nat Mur 6X

Sodium Chloride

Fluid balance – excessive moisture or dryness. Water distributor – regulates the degree of moisture within the cells.

Found in:

Every liquid and solid part of the body.

- One of the most important Tissue Salts as 2/3 of our body is made up of water.
- Sneezing, loss of taste smell, dry skin, headache with constipation, excess flow of clear watery mucous – allergic reaction.
- Important in cell division and the production of gastric fluids.

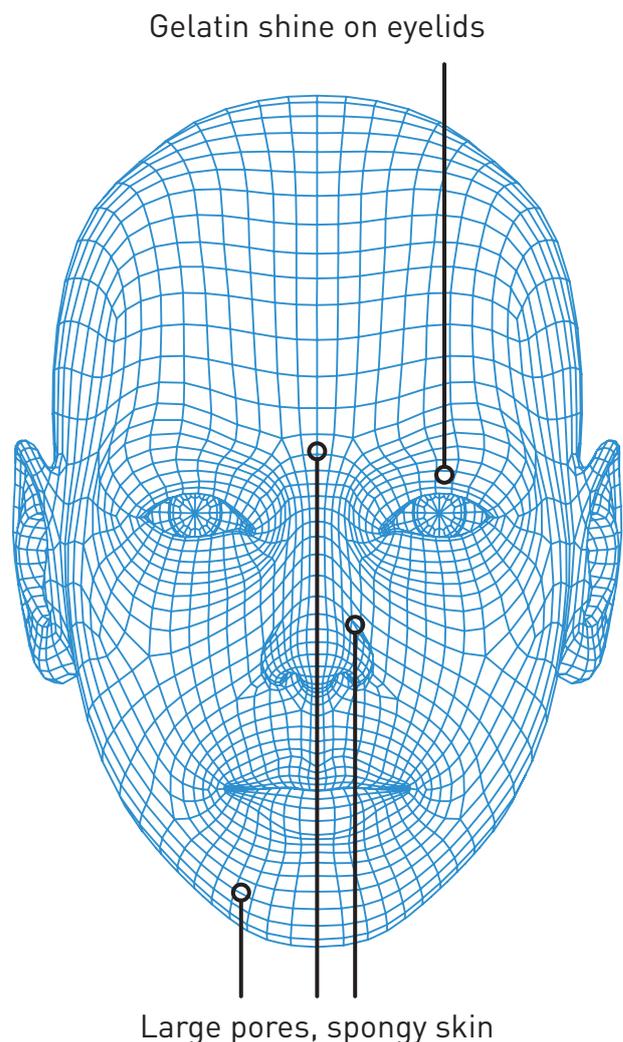
FACIAL DIAGNOSTICS

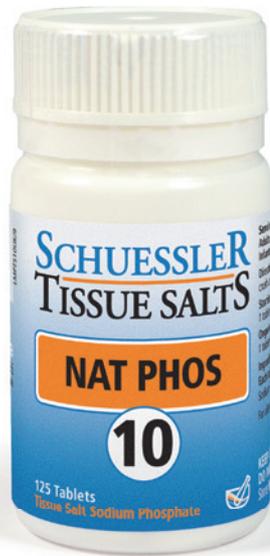
Tongue – Clear & frothy – can be mapped

Mucous – Clear, runny, watery discharge – like uncooked egg white

Facial Signs:

- Spongy and dry skin
- Extremely large pores
- Shine of gelatine on upper and under lid – greasy eyes
- Dull eyes





Nat Phos 6X

Sodium Phosphate

Acid neutraliser – helps maintain the alkalinity in the blood.

Found in:

Blood, bone, muscle, nerve & brain cells.

- Nature's antacid.
- Emulsifies fatty acids and keeps uric acid soluble in blood.
- Needed in hyper-acidity – regulates bile.

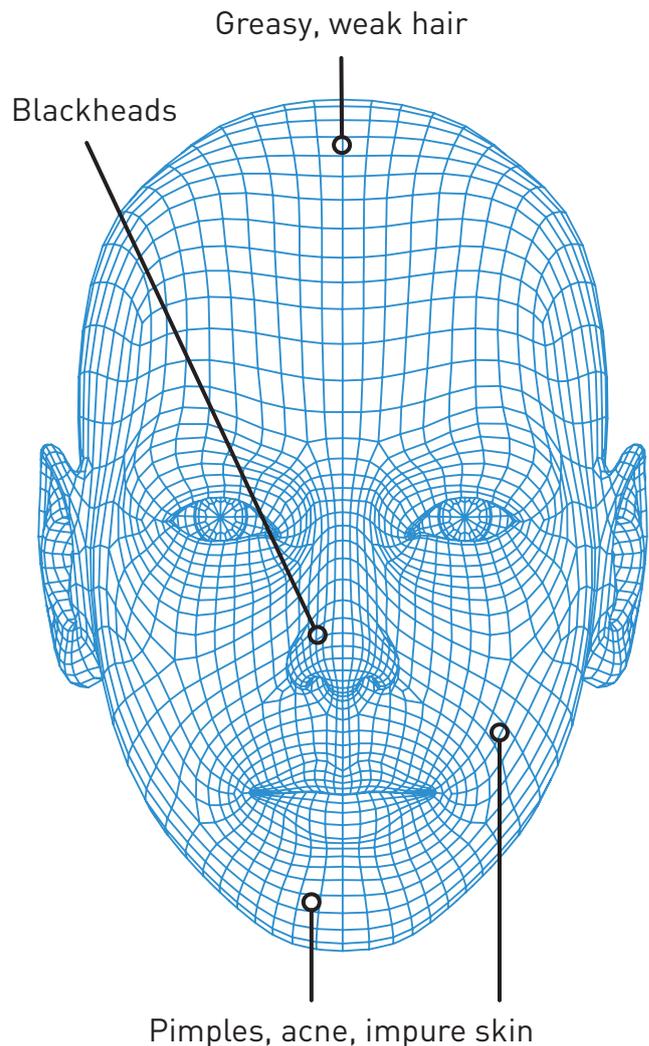
FACIAL DIAGNOSTICS

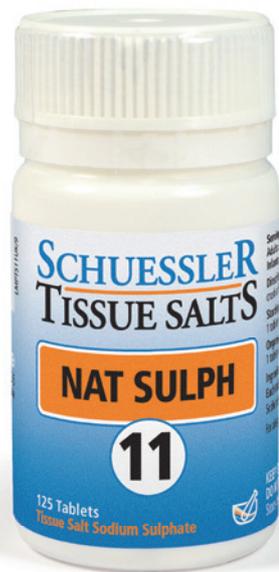
Tongue – Cream – worse at back of tongue

Mucous – Golden yellow or honey coloured

Facial Signs:

- Blackheads and pimples
- Greasy/weak hair
- Greasy skin – t-bar
- Acid spots in the face
- Double chin





Nat Sulph 6X

Sodium Sulphate

Water eliminator, liver detoxifier – water retention.

Eliminates excessive waste from tissues, acts as a cleanser and purifier.

Found in:

Blood vessel walls & cell coatings.

- Reduces the amount of water which is absorbed by the large intestine – expels excess fluid from the body.
- Boosts the functioning of the liver, pancreas, kidneys, gall bladder by aiding the secretion of digestive juices.
- Has an anti-inflammatory effect.
- Supports the burning of nutrients which leads to the production of energy.
- Supports oedema/flatulence/skin blisters.

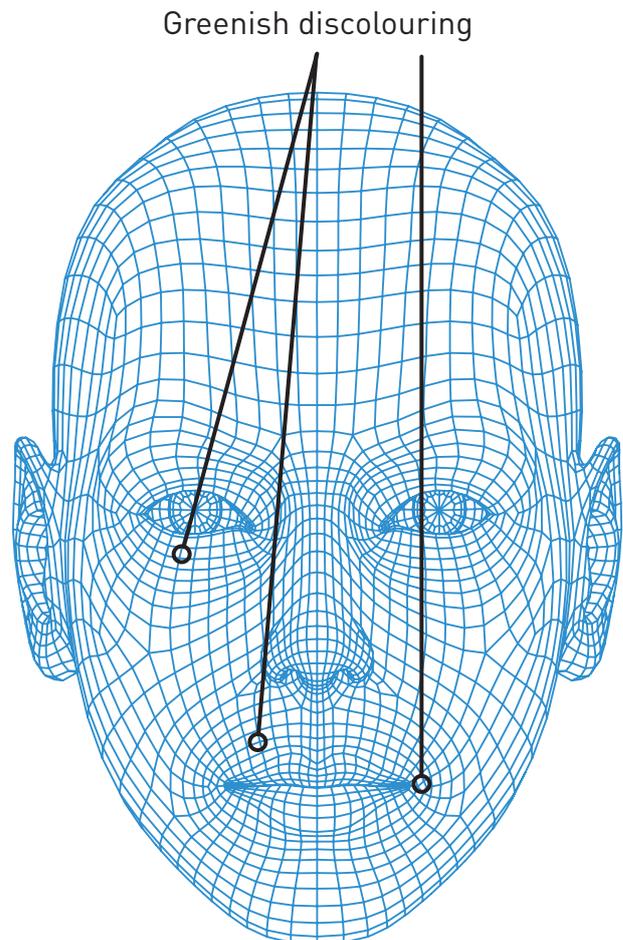
FACIAL DIAGNOSTICS

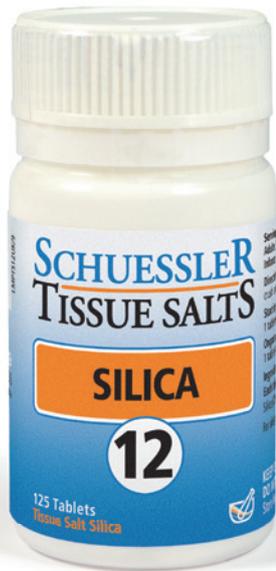
Tongue – Green coating, dirty, bitter taste

Mucous – Thick and yellow

Facial Signs:

- Olive greenish discolouring around eyes, mouth, chin or entire face
- Puffy eyes, red – purple discolouring around nose
- Inflamed redness, especially on the nose





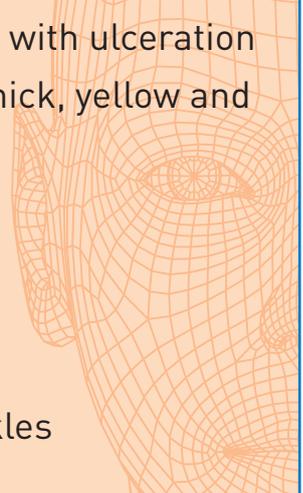
FACIAL DIAGNOSTICS

Tongue – Hardening with ulceration

Mucous – Chronic, thick, yellow and lumpy

Facial Signs:

- Wrinkled skin
- Hair problems
- Laughter lines
- Compacted wrinkles



Silica 6X

Silicon Dioxide

Cleanser and eliminator.

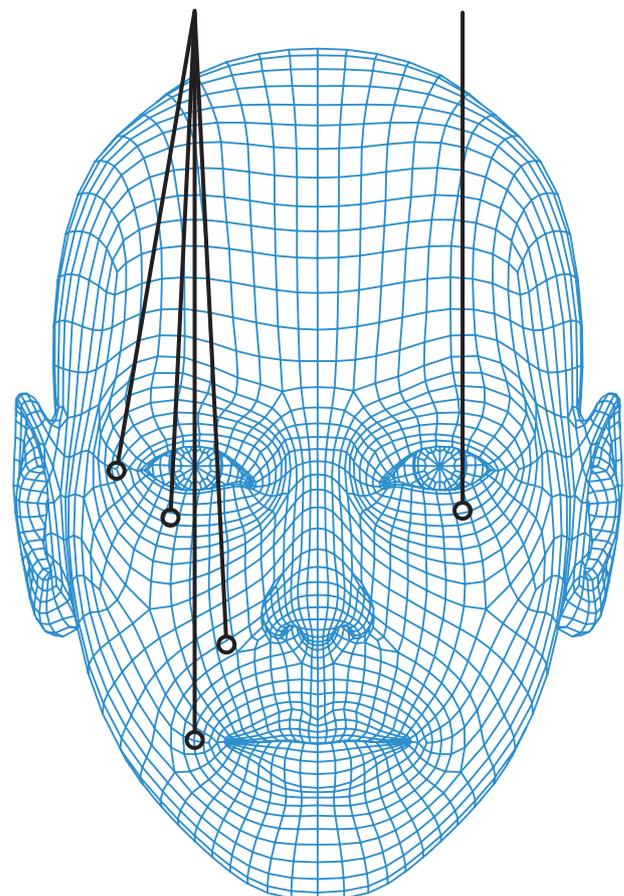
Conditioner and involved in the production of collagen.

Found in:

Connective tissue, hair, nails, blood, bile, bone & nerve sheaths.

- Contributes to elasticity, firmness and resiliency of the hair and nails.
- Essential in treating suppurating infections and bruises – drives the defence cells in the immune system to intensify their attack on invading bacteria.
- Prevents irregular bone formation during growth.
- Prematurely aged skin becomes taut and elastic.

Wrinkles & crows feet



Dosage

- Tablets – 1-2 tablets 4 times per day
- Sprays – 4 sprays 4 times per day



Make Schuessler Tissue Salts a part of your daily regime and feel the difference!

Ensure that Tissue Salts you choose walk with you for at least one month before considering to change the selection you have made.

TISSUE SALT CHART TONGUE NAIL & FACE DIAGNOSIS

Tissue Salt	Facial Signs	Tongue
CALC FLUOR Calcium Fluoride	Brownish – blackish discolouring Crow’s feet around the eyelids Bluish & cracked lips, corner of mouth dryness Flabby skin Shine/varnish look Shining skin	Cracked & split Dry & brown
CALC PHOS Calcium Phosphate	Waxy face/waxy yellow ears Transparent teeth/lips White spots on teeth Halitosis White nose Sweaty hair	Strawberry tongue – small red dots at edge of white coated tongue
CALC SULPH Calcium Sulphate	White discolouring – shiny white skin Adult acne – impure skin Boils Thick wrinkles	Thick grey coat
FERR PHOS Ferrum Phosphate	Hot red ears – red, chin, hot ears Discolouring between eyes Black/bluish discolouring Bluish shadow Inflamed skin spots Flushed face – hot face	Red & swollen

Tissue Salt	Facial Signs	Tongue
KALI MUR Potassium Chloride	Spider veins Red eye blood vessels Small hard white spots Bluish eye balls Bluish reddish discolouring Skin like cheese Swollen lymphatic knots Skin dandruff	White coating
KALI PHOS Potassium Phosphate	Dull eyes Greyish discolouring Sunken & greyish temples Dirty unwashed appearance Absent expression	Dry white to mustard coating Gums bleeding
KALI SULPH Potassium Sulphate	Ageing spots Pigmentation complaints Brownish yellow discolouring around eyes & chin Brown patches on forehead, at mouth, nostrils	Yellow & slimy
MAG PHOS Magnesium Phosphate	Red cheeks & spots on the neck Face can be flushed with vibrant crimson spots Frantic blush, red flush after drinking hot drink/ alcohol Bright red marks on cheeks	Clean tongue
NAT MUR Sodium Chloride	Face is puffy/bloated Greasy hair & greasy looking skin under eye Extremely large pores Dull eyes Shine on upper lid also Spongy or dry skin, dandruff Runny nose & forehead damp	Clear and abundant saliva – can be mapped – damp tongue
NAT PHOS Sodium Phosphate	Dull sheen, greasy sweat Blackheads, pustules & chin is greasy Double chin, reddish chin due to acidity	Grey/white thick coating - worse at back of tongue
NAT SULPH Sodium Sulphate	Greenish discoloured complexion Greenish eyeballs Puffy eyes, red/purple discolouring of the nose	Greenish to brown with bitter taste in the mouth – dirty looking
SILICA Silicon Dioxide	Compacted wrinkles, wrinkled skin, crow's feet, shiny/glossy nose tip or forehead & blind pimples, laughter lines, wrinkles on ears	Hardening with ulceration

Certificate

- Read through the material to better understand how each Tissue Salt relates to the face, tongue & nails.
- Answer the Questionnaire.
- Send your answers to susan.gjanevsky@mandp.com.au
- Certificates will be mailed within 14 business days.

Questionnaire

1. Who was the founder of Facial Diagnostics using Tissue Salts?

2. What do our cells do?

3. What is the difference between crude minerals & Tissue Salts as both are termed minerals?

4. Why should we choose to include Tissue Salts in health regimes we prescribe?

5. What causes deficiency in the cells?

6. List the 12 Tissue Salts and next to each list 2 facial signs, tongue signs & mucous that relates to the particular Tissue Salt.

7. Which Tissue Salt would you select for someone who has a white grey coat on their tongue with a milky looking skin tone?

8. If you take note that your client/customer has a glazy shine on their face with a tongue that is pointed, which Tissue Salt do you believe they will require?

9. **5 Case studies:** listing the Tissue Salt/s you chose after taking the case
Facial Analysis:

Tongue Analysis:

Mucous – if any, and why you are convinced the Tissue Salt you have chosen is the ideal one. How long will you ask your client to take the minerals for?

10. Which Tissue Salt/s best suits you after taking the course and how long will you take the prescription for?

Thank you Email answers to: Susan.gianevsky@mandp.com.au or send to:



Over 150 years ago Dr. Schuessler developed a technique of breaking down essential minerals so they are rapidly absorbed into the body.

Schuessler Tissue Salts provide cells with nutrients and balance in a homeopathic formula.



SCHUESSLER
TISSUE SALTS



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Surrey, United Kingdom

Reference from the following authors on Tissue Salts:

Gunther H. Heepen
Eva F. Schoenfeld
Mark Wells

www.schuesslertissuesalts.uk