

# SCHUESSLER TISSUE SALTS

## ACTIVATE YOUR HEALTH WITH ESSENTIAL MINERALS



### Level 3

## Advanced Training Course

UNDERSTANDING BODY TYPES



**Level 3** can only be completed as a unit of study if **Level 1 & 2** are completed.  
All material is prepared by: **Susan Gianevsky**

*No part of this material is to be recreated in any form without informing the presenter of this material. Contact Susan on [susan.gianevsky@mandp.com.au](mailto:susan.gianevsky@mandp.com.au) if you are considering using this material beyond the purpose of this handout for further information.*

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**PROFESSIONAL TRAINING ONLY**

# Body Types Course

Dear Friend of Schuessler, I am so pleased you have accepted to complete this advanced course on Tissue Salts. I have been passionate about Tissue Salts for over 25 years and have been fascinated with the way Tissue Salts affect different body types.

This course is only one way of prescribing Tissue Salts and not the only way. Tissue Salts are predominately taken by people based on the symptoms they are experiencing, however can also be taken for prevention, by observing your face, tongue & nails and now I have linked them to relate to body types.

Some practitioners are also keen to take the Tissue Salts based on their horoscope and I want to remind everyone that we are all unique and building on our knowledge broadens the way we can make use of a health modality and the reason why I have continued to share my experiences with Tissue Salts in my training manuals.

If you haven't read and completed **Level 1 – Basic understanding on Schuessler**, I would recommend this, as it will support you going through this course.

There is a series of questions at the back of this module which can be answered after reading the manual a few times and observing the body types of friends and clients, needed to receive your certificate.

A minimum of 4 hours is recommended to understand the different body types and how the 12 Tissue Salts best link in with the different body types.

Some schools of thought believe we are more than one body type and we change throughout our lifetime. My understanding is that we always maintain the body type we were born with even if we change in weight as people are born with an inherited body type based on skeletal frame and body composition. Most people are unique combinations of the three body types: **ectomorph**, **mesomorph**, and **endomorph**.

Dr William Sheldon was an American psychologist born in 1898 and it was he who classified people according to the 3 body types mentioned. He became a distinguished professor of medicine and examined the relationships between physical characteristics and disease.

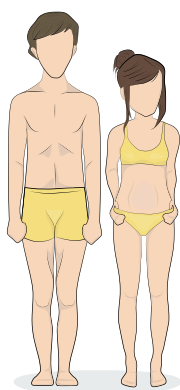
I have always believed by better understanding your body type you can take better care when making food and exercise choices. Incorporating the Tissue Salts into this area of study that has intrigued millions around the world. You can even better support your cellular health to enjoy accelerated absorption no matter which body type you may identify with.

It is believed that there is no scientific evidence that we can change the body types we were born with, but doing certain exercises and nourishing our body type with nutrition best suited for your body type you can get closer to their ideal.

Since Dr. Sheldon's conclusions were published it has become widely recognised that most people have a body type. These are:

- 1. Ectomorph:** Lean and long, with difficulty building muscle.
- 2. Endomorph:** Big, high body fat, often pear-shaped, with a high tendency to store body fat.
- 3. Mesomorph:** Muscular and well-built, with a high metabolism and responsive muscle cells.

You may ask how does this impact the way you live today? In short, ectomorphs stay lean despite hours in the gym, endomorphs struggle with digestive function, and mesomorphs pack on muscle with ease. Learning which body shape you were born with, and understanding what that means for your training and eating plans will help you train smarter to maximise your potential and get closer to building the body that you've always wanted.

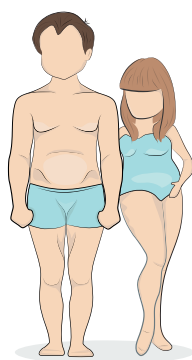


## Ectomorph Body Type

Ectomorphs are good at processing carbohydrates into energy and your fast metabolism means that you burn off fat easily.

### Are you an Ectomorph?

You've got the build of a marathon runner – lean, but short on muscle. It can be hard to pack on size despite hours in the gym.

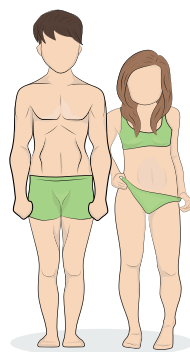


## Endomorph Body Type

Endomorphs are adept at storing fuel, with muscle and fat concentrated in the lower body.

### Are you an Endomorph?

If you have trouble shifting weight, the chances are you're an endomorph, characterised by a relatively high amount of stored fat, a wide waist and a large bone structure.



## Mesomorph Body Type

You have the body type that finds it easiest to add new muscle and you don't tend to store much body fat. Mesomorphs tend to take their naturally athletic

builds for granted, which can result in diluted workouts and poor diets.

### Are you a Mesomorph?

Mesomorphs look well built without setting foot in a gym, and pack on muscle the instant they start any form of exercise.

## Half & Half

Endo-ectomorphs, on the other hand, are apple-shaped, with more fat storage in the upper body with thinner hips, thighs, and legs.

### Can you have two body types?

There are three basic human body types: the endomorph, the mesomorph, and the ectomorph. Despite what it

might feel like at times, you're not completely bound to one category or the other. Your lifestyle, genetics, history, and training style all play a part in how you look, and you can make your body type become your friend rather than your enemy. Taking the best parts of every body type is key here. If you are an endomorph and low in energy there is a reason for this – your cells need to be nourished so you don't live the negative part of your body type. The idea is to celebrate the body type you are... you are unique and no other person is quite like you.

Ectomorphs throughout their lifetime have a slight frame that usually runs from head to toe. Even if this body type adds weight, their slight frame remains – thin wrists, ankles and tight shoulders. If you started your life as an ectomorph, it is hard to move to being an endomorph however mesomorph is in the middle and some believe they are linked with this body type.

Take a look at some photos of yourself and see where your body has changed. This course extends your knowledge on Tissue Salts and the impact they can continue having when linking up with a body type, as another way of making use of these amazing gems that support cellular health.

## Quick quiz

Your body type is based on the concept of Somatotypes which was developed in the 1940's to correlate with BODY TYPES.

A number of years ago I studied Body Types and was fascinated by the impact they had on me. I have always been passionate about the Tissue Salts and linked the 2 together as another way to support your body type throughout your lifetime.

I encourage you to identify your somatotype, which is your natural shape and size. This concept dates back thousands of years to Hippocrates.

In the 1940's Dr. William Sheldon, M.D., PhD., came up with the 3 somatotypes that we know today. Remember that there are a number of things that influence your somatotype, which brings you closer to one build or another. Over a lifetime it isn't easy to dramatically change your body type even when weight is lost.

The aim is really to identify your body type and to work with it, rather than to work against it. This module is to further inspire you to take the best care of your health based on your body type.

*(Tick your answers):*

### Question 1.

**When you look in a mirror what stands out?**

- a. Bones
- b. Muscle
- c. Body Fat

## Question 2.

**How do your shoulders compare to your hips?**

- a. My shoulders are wider than my hips
- b. My shoulders are narrower than my hips
- c. My hips and shoulders same width

## Question 3.

**If you put your hand over your wrist with your hand's middle finger and thumb – what happens?**

- a. Middle finger and thumb overlap
- b. Middle finger and thumb touch
- c. There is a gap between my middle finger & thumb

## Question 4.

**Which of the following best describe your body shape?**

- a. A Straw
- b. An hourglass
- c. A pear

## Question 5.

**When it comes to your weight:**

- a. I have trouble gaining muscle or body fat
- b. I can lose and gain weight without too much difficulty
- c. I gain weight easily and have a hard time losing it

## Question 6.

**What did your body look like once you reached full height as a teenager / young adult?**

- a. Long & lanky
- b. Strong & compact
- c. Soft & full bodied

## Question 7.

**If you have exercised regularly and you took a break what would happen to your body?**

- a. My body wouldn't change
- b. I would lose muscle & strength quickly
- c. My body would soften up and weight gain would be noticed

## Question 8.

**When you put on a pair of jeans – where on your body do they get stuck?**

- a. They don't get stuck and I need to wear a belt to keep them up
- b. I can wriggle my way into them over my muscular thighs
- c. They get caught on my bottom or belly

## Question 9.

**When you eat a bowl of pasta or a few slices of pizza how do you feel afterwards?**

- a. The same as I usually do
- b. I notice my ab muscles become uncomfortable and my belly swells
- c. I feel tired, bloated for a few hours after the meal

## Question 10.

**How do you describe your bone structure?**

- a. I have a small frame
- b. I have a medium frame
- c. I have a large frame

## Results

a.

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b.

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c.

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If you have circled more **a's** than any other then you are known to have an Ectomorph body type.

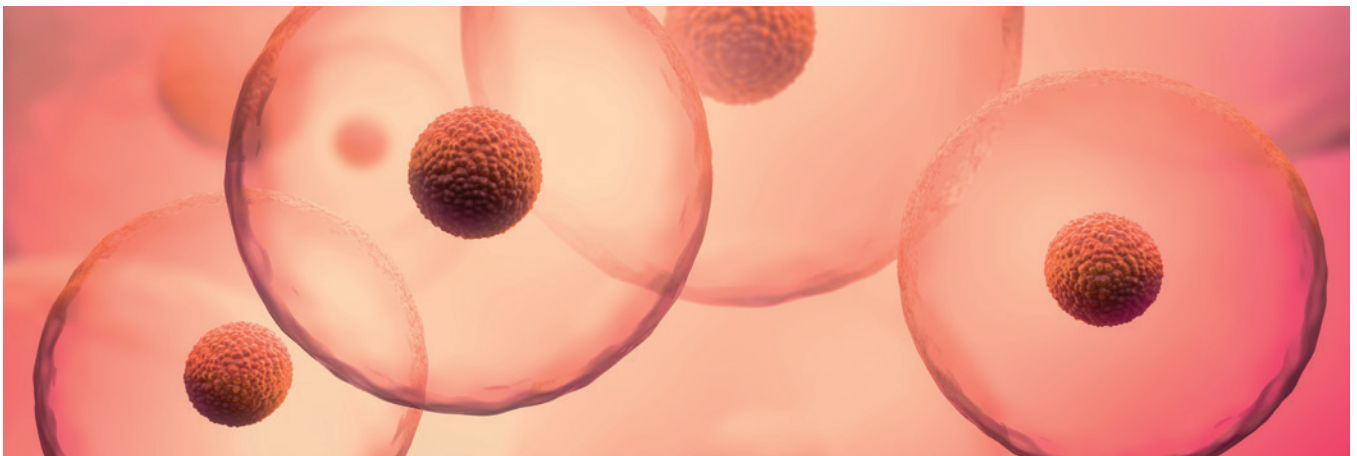
If you have circled more **b's** than any other then you are known to have a Mesomorph body type.

If you have circled more **c's** than any of the other then you known to have an Endomorph body type.

If you have an equal amount of 2 out of the 3 choices then you are more likely to have a body type that resonates with the 2 body types.

As we go through the years their may be a tendency for your body type to evolve, You may have started with an ectomorph body type but are now showing signs of a mesomorph body type. This means you are more likely to be a combination of both ectomorph/ mesomorph now.

It is unlikely to move from an ectomorph to more of an endomorph body type as they are opposite extremes of the body type realm.



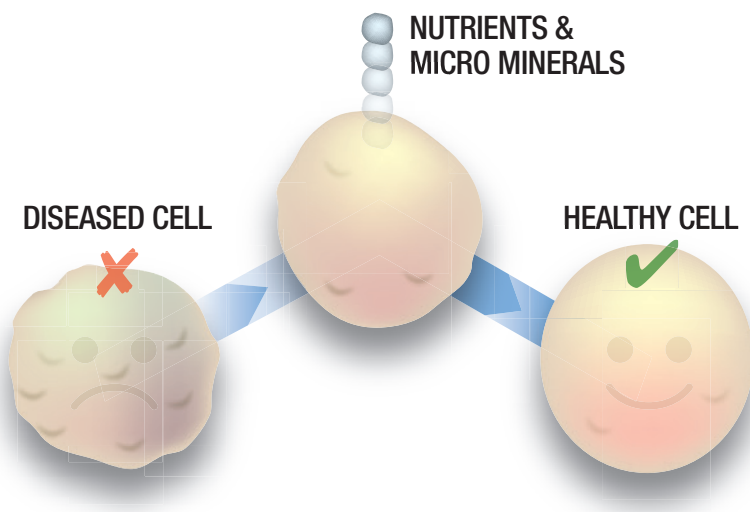
## Cellular Health

- 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 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 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 of the body most required.
- They increase the efficiency of the absorption of crude or supplemented minerals & nutrients.
- They support the healing processes in the body by regulating mineral levels in the cells.
- They treat acute & chronic conditions.



## Inorganic vs Organic

Our bodies are comprised of organic and 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.



# Tissue Salts:

## The Chemistry of Life

- Schuessler Tissue Salts are micro-minerals that are homeopathically prepared!
- There are no side-effects and can be taken alongside prescriptive medication safely.
- They can also be taken by infants and pregnant women.

## Tissue Salts can have a positive impact on your Body Type

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

**Key:** E = Ectomorph M = Mesomorph En = Endomorph

Single remedies can be used by the needs of each body type. There will be a need for each body type to depend more on specific Tissue Salts that will be highlighted throughout the manual. If your body type doesn't list a Tissue Salt you require this doesn't mean you cannot take it but rather when your body type is out of balance you may be more likely to be supported by the specific tissue salt listed in your body type/s section.



# Who was Dr. Sheldon?

## Dr. William Sheldon (1898 - 1977)

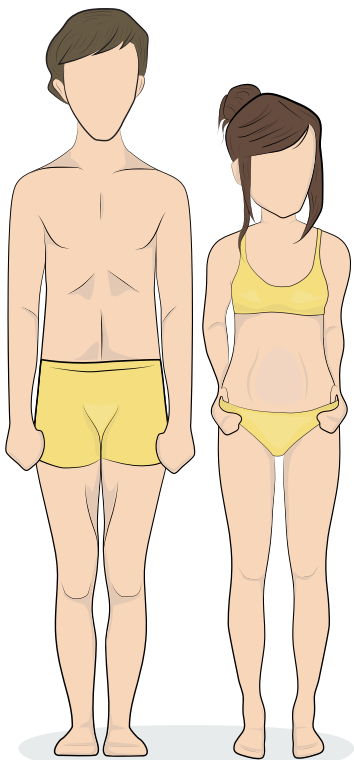
Dr. Sheldon was an American psychologist born on 19<sup>th</sup> November, 1898 and the physician who was best known for his theory associating physique & personality. He became convinced that the psychological makeup of humans had biological foundations.

He constructed a classification system and classified people into 3 body types: Endomorphs, Ectomorphs and Mesomorphs. Each had set physical and mental attributes that defined the individual. This is in line with the Ayurvedic systems of the body; Vatta, Kapha & Pitta.

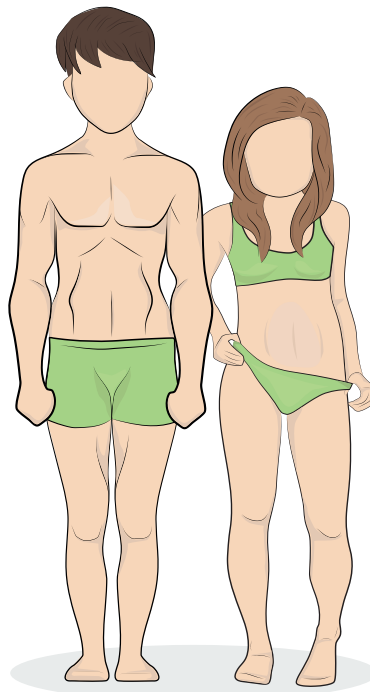
No one body type is better than the other but understanding where your body type fits in enables you to better understand yourself – attributes and all.

All three doshas (biological energies) can be found in everyone and everything, but in different proportions.

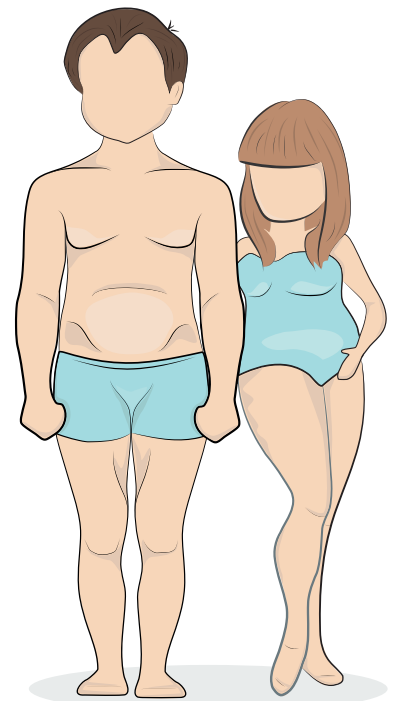
## The 3 body types



**Ectomorph (Vata)**

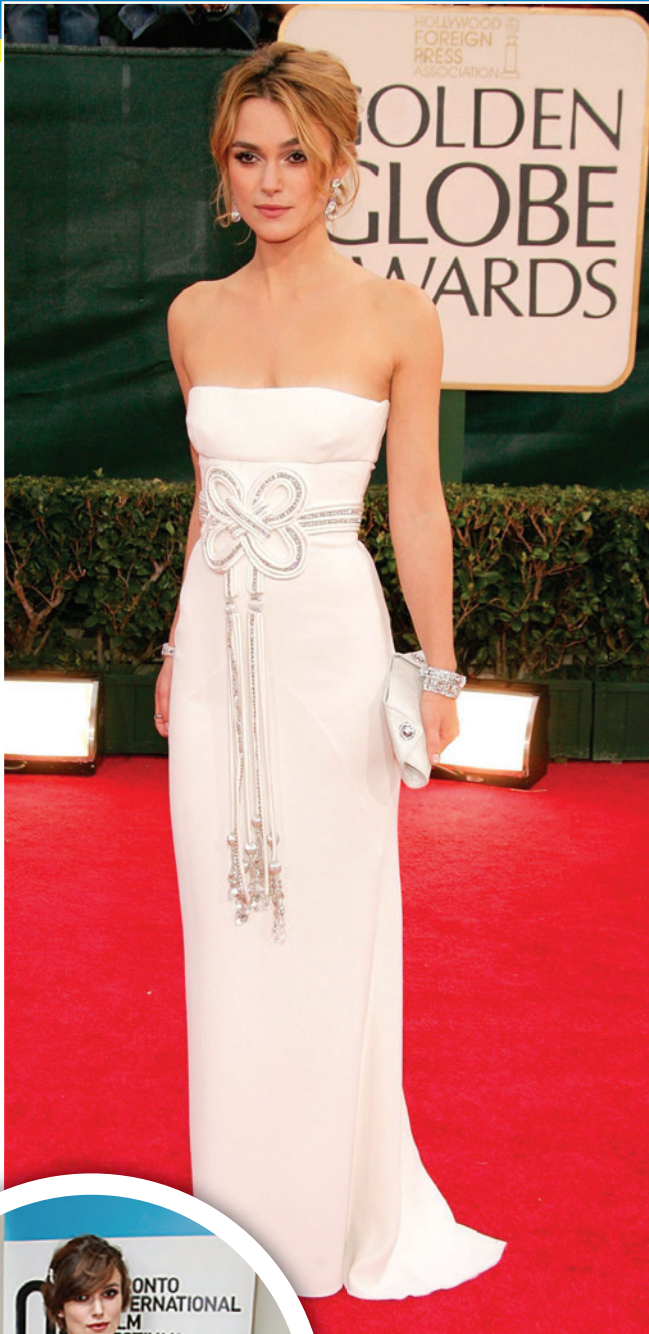


**Mesomorph (Pitta)**



**Endomorph (Kapha)**

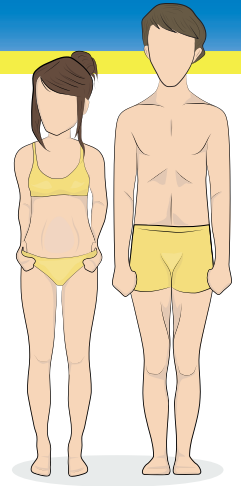
If none of the body types fit you perfectly, it's perfectly fine. Most people are actually a combination of the different body types, so if you have some characteristics in common with one body type, and some with another, that's totally normal.



Keira Knightley  
*(To display the particular body type only.)*

## Ectomorph

- Thin
- Flat chest
- Delicate build – lose weight easily
- Young appearance
- Muscle growth takes longer
- Trouble gaining weight
- Tall
- Stooped shoulders



## In & Out of Balance

### When out of Balance

- Restless
- Anxious
- Unsettled or light sleep
- Chronic constipation
- Tendency to over move
- Intolerance of cold
- Underweight

### When in Balance

- Vibrant, enthusiastic, energetic
- Clear & Alert Mind
- Quick & Acute Responses

# Ectomorph

## BODY TYPE

- Lean build
- Skinny calves & forearms
- Narrow hips
- Long limbs
- Small joints

Ectomorphs can handle more carbohydrates.

### Sample menu:

**Breakfast:** Oatmeal with fruit & nuts.

**Snack:** Protein shake.

**Lunch:** Salad with a variety of chopped veggies – adding your source of protein.

**Dinner:** Grilled seafood / or your choice of protein – broccoli – quinoa.

Ectomorphs tend to respond well to **carbohydrates**, so you can eat those freely. You'll just want to choose healthy sources, including fibre-rich **fruits**, **veggies**, and **whole grains**. To optimise your health, reach for plenty of **protein**. Find a source of protein that you enjoy. Lean animal sources are best, however for vegans and vegetarians nuts and seeds are a great option.

Prioritising protein (along with strength training) will help with your muscle-building efforts.

## Food List for an Ectomorph:

Here are some of the foods you can eat on the ectomorph diet:

### Meat & Fish

- Chicken
- Turkey
- White fish (Cod)
- Seafood (shrimp, scallops)
- Eggs
- Lean steak or beef

### Dairy

- Full fat, sugar free yogurt or milk (keep to 1 serving a day)

### Fruits & Vegetables

- Berries
- Mango
- Oranges
- Apples
- Pears
- Banana
- Cauliflower
- Green beans

- Broccoli
- Asparagus
- Brussels sprouts
- Squash

### Nuts & Seeds

- Almonds
- Pistachios
- Peanuts
- Sunflower seeds
- Pumpkin seeds

### Grains & Starchy Vegetables

- Whole-wheat bread
- Old-fashioned or steel-cut oats
- Brown rice
- Quinoa
- Sweet potato



# Nervous System

## ECTOMORPH BODY TYPE

### Symptoms & Ailments:

For NERVOUS system:

#### Calc Phos

- ▶ Poor comprehension, concentration and memory, anxiety over trivia, tearfulness and irritability.

#### Ferr Phos

- ▶ Irritability, complete indifference and listlessness. Forgetfulness, vagueness, states of dizziness and faintness.

#### Kali Phos

- ▶ Prime remedy to consider for mentally related symptoms. Useful in cases of anticipatory anxiety and nervous dread. Overstimulated and irritable states of mind, depressed and pessimistic states that follow.

#### Mag Phos

- ▶ Mind is cluttered. Mag Phos allows the body to relax and assists the mind to attain calm more easily. Where overactive mind becomes depleted and depressed.

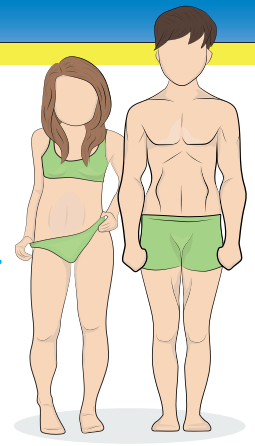
#### Nat Mur

- ▶ Food allergies. Necessary for the all – around functioning of nerves and muscles, it supports overall hydration. When we are anxious we may also become dehydrated. Regulates the balance of fluid in the body's cells.





Halle Berry  
*(To display the particular body type only.)*



## Mesomorph

- Hard, muscular body
- Overly mature appearance
- Gains or loses weight easily
- Grows muscle quickly – can bulk up
- Upright posture
- Fluctuations in weight
- Gains fat easily

## In & Out of Balance

### When out of Balance

- Heartburn
- Early greying
- Skin rashes
- Demanding
- Poor digestion

### When in Balance

- Strong digestion
- Courageous, enjoys physical challenges
- Articulate, healthy complexion

# Mesomorph

## BODY TYPE

- Athletic, muscular body
- Long rib cage
- Rectangular shape / hourglass
- Round & muscular belly
- Wide shoulders

## Sample menu:

**Breakfast:** High protein bread with eggs.

**Snack:** Protein – nuts, fruit / fruit & nut bar.

**Lunch:** Salad, chickpeas / kidney beans, veggies and choice of dressing.

**Snack:** Hummus and veggies.

**Dinner:** Protein source, roasted veggies, sweet potato.

Mesomorphs may do better on higher-protein diets with less emphasis on carbohydrates. Consider dividing your plate into thirds and focusing on the following food groups:

1. **Protein** (on one third of the plate) fuels muscles and can help with muscle repair. Good choices include eggs, white meats, fish, beans, lentils, and high-protein dairy, like full fat, sugar free yogurt.
2. **Fruits and vegetables** (on one third of the plate) are part of a healthy diet for all body types. Choose whole fruits and vegetables with skins

instead of processed varieties that contain added sugar or salt. Whole produce contains fibre, antioxidants, and phytochemicals that help support a healthy immune system and muscle repair.

3. **Whole grains and fats** (on one third of the plate), such as quinoa, brown rice, and oatmeal, help fill the stomach and round out meals. Fats are just as important, but it's choosing the right ones that matters. Good choices include coconut or olive oils, avocado, and nuts and seeds.

**Remember:** More muscle means more calories needed to fuel those muscles. And if you're working out regularly, you'll need to time your eating in such a way that you optimize your energy and recovery. Eating small snacks before and after activity can help.

## Food List for a Mesomorph:

The body type diet states that a mesomorph will do best with a well-balanced meal plan (40% carbs, 30% protein, and 30% fat), focusing on whole grains and starchy carbohydrates, healthy fats, and protein-rich foods.

### Meat & Fish

- Fish (salmon, tuna)
- Chicken
- Lean steak
- Turkey
- Eggs
- Protein shake

### Dairy

- Yogurt
- Cottage cheese

### Fruits & Vegetables

- Berries
- Apples
- Pears
- Oranges
- Avocado



- Cauliflower
- Green beans
- Broccoli
- Asparagus
- Brussels sprouts

### Nuts & Seeds

- Nut or seed butter
- Almonds
- Cashews

- Pistachios
- Pumpkin seeds
- Sunflower seeds

### Grains & Starchy Vegetables

- Sweet potato
- Lentils
- Beans
- Quinoa
- Brown rice

## Digestive System – Liver & Skin

### MESOMORPH BODY TYPE

#### Symptoms & Ailments:



#### Kali Sulph

- ▶ Skin salt for dry and scaly skin.



#### Kali Mur

- ▶ Can help to recondition organs and glands associated with the digestive process.



#### Mag Phos

- ▶ Hiccup, heartburn, gripping pains, spasms and cramps relieved by a heat compress are strong indications for the Tissue Salt. Flatulent colic, bloating of the abdomen and stress related irritable bowel. These combinations include some of Comb C or Comb E, the above remedies that best suit your current condition.

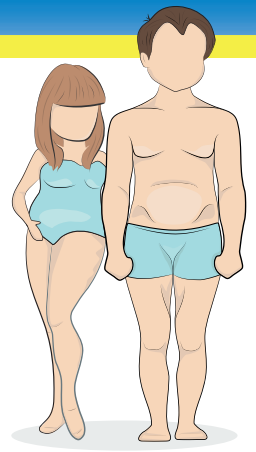
#### Nat Phos

- ▶ Hyper-acidity including sour reflux (or vomiting) from stomach, dyspepsia, heartburn and acid reflux. Nausea and vomiting or any digestive complaint.

#### Nat Sulph

- ▶ Bitter taste in the mouth and biliousness. Flatulent colic with pronounced abdominal bloating and intolerance of tight clothing around the abdomen. Watery diarrhoea-like stools, associated with much wind, and especially urgent in the early morning.





## Endomorph

- Soft body
- Loose or saggy skin
- Over developed digestive system
- Trouble losing weight
- Generally gains muscle easily
- Poor muscle tone
- Slow Metabolism

## In & Out of Balance

### When out of Balance

- Low energy
- Lethargic
- Poor endurance
- Larger hip to waist ratio
- Overweight
- Holds fluid

### When in Balance

- Energetic
- Natural resistance to sickness
- Emotionally relaxed
- Good stamina
- Loses weight easily

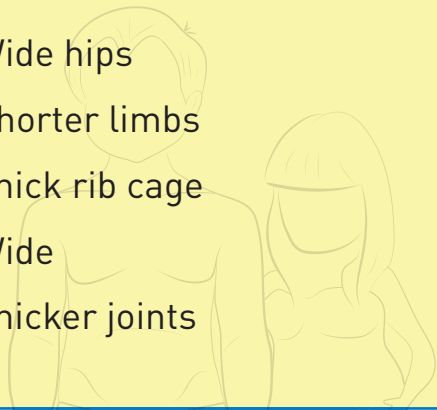


Rebel Wilson  
*(To display the particular body type only.)*

# Endomorph

## BODY TYPE

- Wide hips
- Shorter limbs
- Thick rib cage
- Wide
- Thicker joints



## Sample menu:

**Breakfast:** Eggs, spinach and tomatoes.

**Snack:** Lean protein source, nuts and seeds.

**Lunch:** Lean protein added into wraps.

**Dinner:** Protein with noodles of your choice – quinoa – polenta.

## Food List for an Endomorph:

The thinking goes that endomorphs do best when they focus on reducing calorie intake and taking in more protein, healthy fats, and low-carb foods. Here are the foods that will support an endomorph diet.

### Meat & Fish

- Chicken
- Turkey
- Salmon
- Cod

### Dairy

- Yogurt
- Milk

### Fruits & Vegetables

- Berries
- Apples
- Pears
- Asparagus
- Zucchini
- Tomatoes
- Onions

- Greens (spinach, kale, romaine)
- Nuts and seeds
- Nut and seed butter
- Almonds
- Pistachios
- Sunflower seeds

- Pumpkin seeds

### Grains & Starchy Vegetables

- Sweet potatoes
- Squash
- Quinoa
- Brown rice
- Beans
- Oats



# Glandular System & Hormonal

## ENDOMORPH BODY TYPE

### Symptoms & Ailments:



#### Kali Mur

- ▶ Acne, abscesses, boils, vesicular eruptions and eczema especially when there is swelling.

#### Nat Mur

- ▶ Nat Mur supports the metabolic reactions and coordinates the exchange of chemicals within the body's cells. This mineral regulates the water levels in the body from disorders which are manifested by swelling (oedema), dryness of the skin and mucous membranes, as well as increased excretion of bodily fluids such as sweat which is heightened especially during warmer weather. Also, needed if constipated, for gastric reflux which all add to levels of cellular dehydration. Cravings for salt call out for this minerals too.



#### Nat Sulph

- ▶ Bitter taste in the mouth and biliousness. Flatulent colic with pronounced abdominal bloating and intolerance of tight clothing around the abdomen. Watery diarrhoea-like stools, associated with much wind, and especially urgent in the early morning.



#### Silica

- ▶ Poor skin, slow to heal and has a tendency to scarring. Nails and hair of a poor quality. Acne, boils and subcutaneous cysts commonly occur.



# Dosage

## Tablets

- ▶ 1-2 tablets, 4 times per day

## Sprays

- ▶ 4 sprays, 4 times per day

## Creams

- ▶ Apply 2-3 times per day



# Combination Remedies

## How they apply to the Body Types:

### Comb 5

- ▶ Ectomorph

### Comb 12

- ▶ All body types

### Comb D

- ▶ Mesomorph / Endomorph

### Comb F

- ▶ Endomorph

### Comb C

- ▶ Mesomorph



## Do you look after your cells?

- What do you do to nurture your cells that carry you through every day assisting you to function throughout your life?
- Have you thought about whether you nurture or abuse your cells?

### **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.

## Do you look after your cells?

Consider the Tissue Salts presented and which selection do you think best suits you at this time?

## Certificate

- Read through the material to better understand how each Tissue Salt relates to BODY TYPES.
- Answer the Questionnaire.
- Send your answers to [susan.gianevsky@mandp.com.au](mailto:susan.gianevsky@mandp.com.au)
- Certificates will be mailed within 14 business days.

[www.schuesslertissuesalts.com.au](http://www.schuesslertissuesalts.com.au)



# Questionnaire

1. What is your Body Type?

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2. What makes you come to this conclusion?

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3. What are the 3 BODY TYPES and list their key features?

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4. Do you believe you are a combined body type and why?

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# Questionnaire

**5.** Do you believe you were born with this body type and have noticed changes over the years?

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**6.** Have you enjoyed incorporating Tissue Salts to your body type?

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**7.** Will you now add this learning when seeing clients and prescribing Tissue Salts for them?

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**8.** List 2 family members and what are their body types and why have you come to this conclusion?

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**9.** Which Tissue Salt will you prescribe for them?

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**10.** Which body type/s is Silica linked to?

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**11.** Which body type is Kali Mur linked to?

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**12.** Which body type is Nat Phos linked to and why do you think this is the case?

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**13.** What are the body types of 2 of your neighbour's and describe them in your case history – why you have come to this conclusion?

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**14.** How can you keep your body type supporting you in good health and what measures will you take?

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**15.** What is the body type of your mother? What is the body type of your father? Do you believe your body type is linked to one of your parents or both?

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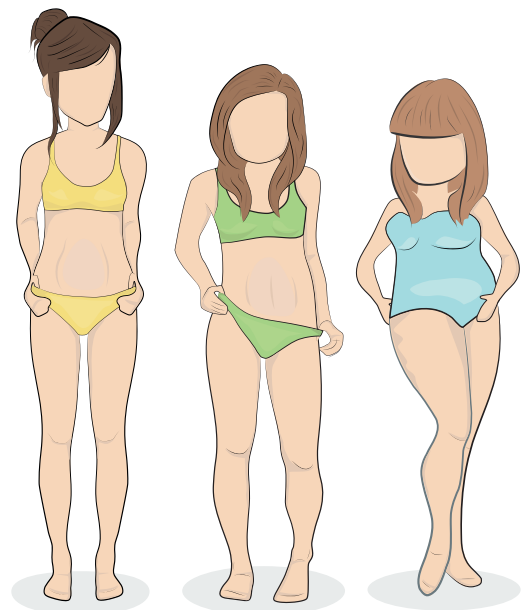
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# Notes

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*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 are a micro-dosed mineral that the body needs to provide cellular nutrients for specific body functions and ensure optimal health.*

## Tissue Salt Levels

### Level 1

- ▶ Understanding the function of Tissue Salts.

### Level 2

- ▶ Advanced course – Facial Diagnostics; facial, tongue & mouth mucosa.

### Level 3

- ▶ Understanding Body Types with Schuessler.

**SCHUESSLER**  
**TISSUE SALTS**

 **Martin & Pleasance**  
Natural Health & Wellbeing Since 1855

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NZ: 0800 225 540

Telephone: (03) 9427 7422 Facsimile: (03) 9428 8431

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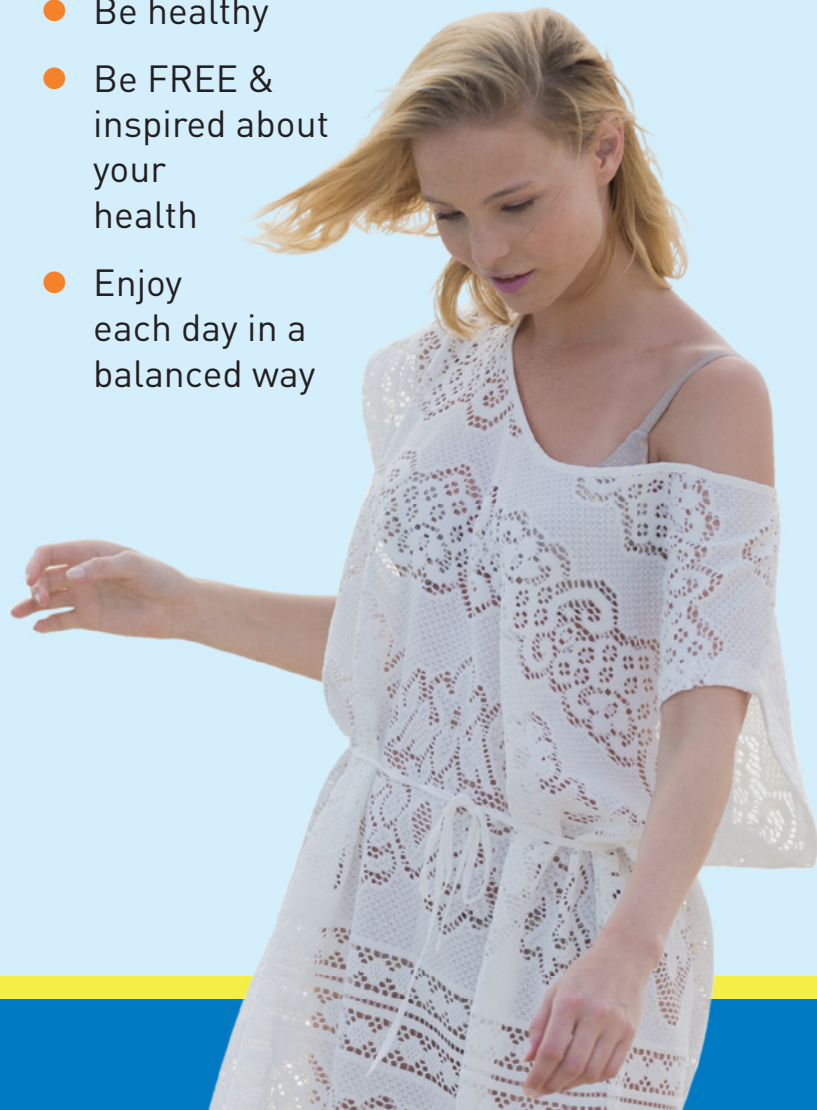


[/Schuesslertissuesalts](https://www.facebook.com/Schuesslertissuesalts)

## Be well

### with Schuessler Tissue Salts

- Be healthy
- Be FREE & inspired about your health
- Enjoy each day in a balanced way



# Level 3 Advanced Training Course

## UNDERSTANDING BODY TYPES