

SCHUESSLER TISSUE SALTS

ACTIVATE YOUR HEALTH WITH ESSENTIAL MINERALS



Schuessler Tissue Salts Guide

EASILY ABSORBED MICRO MINERALS TO HELP CORRECT
CELLULAR IMBALANCES

SCHUESSLER TISSUE SALTS GUIDE



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The information and advice contained in this book is not intended to replace the services of a qualified health professional. Consult your health practitioner for advice. Use of the information contained herein is beyond the control of authors and publisher, who are not responsible for any problems arising from its application.

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'The Tissue Salt Handbook' was first written by Judy Jacka in 1991. This Guide includes information derived from the Handbook and updated information by Susan Gianeovsky and Dana Green.

“HEALTHY CELLS
keep the family
HAPPY.”



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SCHUESSLER TISSUE SALTS



Chapter 1

Introduction

Chapter 1

INTRODUCTION

Many people are now taking responsibility for their own health. In particular, individuals are developing skills and areas of knowledge which can help them to make a positive contribution to the health of their families and friends.

Of the many systems of natural therapies available for both professional and home use, none has enjoyed more patronage over the last few decades than the system of Tissue Salts pioneered by Dr Schuessler. It is a time honoured system which has been part of the home pharmacy in many countries since the last century.

Results using the tissue salts have been well documented over a long period and the safety and efficacy of the salts are well known. They can be given to babies and children and safely taken by pregnant women without fear of any side effects and there is no problem with over-dosage with prescriptive medicines. Tissue Salts in either tablets or spray form are easy to take, and can be used singly or in combination for both acute and chronic health problems.

They are easy to store and are effective and cheaper than most other natural therapies.

Disorders which respond to the tissue salts include colds and flu, gastrointestinal upsets, slow healing wounds, skin disorders like dandruff and dermatitis, eye and ear infections, headaches, insomnia, irritability and many other common ailments.

Many practitioners recommend the tissue salts amongst other preparations for a wide range of disorders and have found them very effective in many cases. They are especially useful with babies and children who refuse to take stronger preparations due to taste aversions.

Whether prescribed by a naturopath, homeopath or recommended by a family member, the tissue salts continue to be a valuable asset to restore the biochemical balance within the body so that the quality of life can be enhanced.

Tissue salts can be taken both by pregnant women and those on prescription medicine.



Dr Wilhelm Heinrich Schuessler

Dr Schuessler was an outstanding intellect of the late nineteenth century who had scientific vision far ahead of his time. A doctor of medicine, a physiological chemist and a physicist, his keen analytical mind was able to co-ordinate the far-reaching physiological discoveries of great contemporary scientists. As a practising physician he put his theories to the test with brilliant results to achieve the formulation of his unique system of cellular therapeutics, to which he gave the name: Biochemistry – chemistry of the living tissues.

THE SIMPLE LOGIC OF SCHUESSLER'S THEORY:

- The human body contains twelve vital mineral (tissue) salts, a proper balance of which is necessary for normal cell function and to maintain good health.
- When cellular balance is disturbed an abnormal condition leading to various ailments follows.
- According to Dr Schuessler, a normal balance of these vital mineral salts can be re-established by administering the deficient mineral salts in a readily assimilated form. These are now known as Schuessler Tissue Salts. Schuessler found that the most effective way to assimilate these salts was through a homeopathically prepared micro dose, which passes rapidly into the bloodstream and therefore into our cells.

What is Biochemistry?

The word “Biochemistry” is derived from the Greek word “bios”, meaning life, and “chemistry”. It refers to the chemical changes by which the life processes are carried on. These chemical changes are effected by the union of organic substances with inorganic elements. In this way the different tissues of the body are formed, and energy is obtained for the vital processes of breathing, moving, thinking, the circulation of the blood, etc. Dr. Schuessler, born in Oldenburg, Germany in 1821, was possibly the first to use the term Biochemistry. Since then it has been used more widely to embrace the whole subject of physiological chemistry.

THE BASIC PRINCIPLES

The foundation of Biochemistry was laid more than a century ago, when Rudolph Virchow, one of the foremost scientists of the day, discovered that the human body is composed of an enormous number of tiny, living cells, each one made up of an infinitesimal but perfectly balanced quantity of three classes of materials – water – organic substances and inorganic substances.

Water and organic matter such as sugar, albuminous and fatty substances make up the greater portion of the body. The inorganic (mineral) elements, however, although present in very much smaller quantities, are the really vital elements,

the active workers which utilise the inactive substances in building the millions of cells of which the body is composed.

The life of these cells is of short duration: millions of them are constantly breaking down and new ones are just as rapidly being built up; the necessary material for this continuous rebuilding is supplied from the blood stream. If the blood lacks the necessary quantities of these active, life-giving, inorganic elements then the rebuilding process cannot proceed in a normal, orderly manner, and the resulting disturbance gives rise to a disorder or ailment of the body.

THE TISSUE SALT STORY

Dr. Schuessler was a doctor of medicine, a physiological chemist and a physicist who was well ahead of his time. He developed the Schuessler Tissue Salts at the end of the 19th Century and gave us a unique system of cellular therapy, Biochemistry (the chemistry of living tissues) which continues to be popular today.



Dr. Schuessler found that there are 12 inorganic minerals present in the body which he called “tissue salts”.

DR. SCHUESSLER'S THEORY

- Disease does not occur if cell metabolism is normal.
- Cell metabolism is normal if cell nutrition is adequate.
- Nutritional substances are needed by the body in both organic and inorganic forms.
- The ability of the body's cells to assimilate, excrete and further utilize nutritional material is impaired if there is a deficiency in the inorganic mineral (tissue salt) constituent of cellular tissues.
- Adequate cell nutrition may be restored and cellular metabolism normalized by supplying the required tissue salts in assimilable form.

THE IMPORTANCE OF TISSUE SALTS

While there are many factors involved in the cause of illness, functional disturbance is primarily traceable to alteration of the tissue salt balance, regardless of the condition that has caused the imbalance. Micro-organisms (germs) act as irritants and may produce specific diseases under certain circumstances with underlying conditions favourable to their reception and growth in the tissues. Of these underlying conditions the most important is an imbalance of the various tissue salts. In states of normal balance of tissue salts, the local conditions are generally harmful to bacterial growth and therefore a state of immunity exists. But if the balance is upset, metabolism is impaired and a favourable soil is created for bacterial growth.



ABSORPTION IS THE KEY TO GOOD HEALTH

Even with a well-balanced diet, rich in vitamins, minerals and trace elements, the body sometimes fails to assimilate these substances. When this happens, the tissue salt in its potentised state is able to “bridge the gap” and restore the molecular imbalance that may be impeding the nutritional process. Assimilation can then proceed normally and the body should be able to obtain all the nutrients it needs from the foods eaten. The minerals contained in the food are mostly compounds and the digestive process renders these assimilable. The tissue salts, however, require no breakdown and are immediately assimilated through the blood vessels of the mouth. This is a great advantage, particularly when the digestive processes are weak. Assimilation is the key to nutritional biochemistry.

Key Points on Tissue Salts

WHAT ARE TISSUE SALTS?

Tissue Salts are homeopathically prepared minerals which support the healing processes in the body by regulating mineral levels in the cells. They are the 12 vital minerals that the body needs daily to support cell metabolism and ensure that the minerals which the body ingests are evenly distributed. They were developed, promoted and successfully put into practice as a therapeutic system by the German physician, Dr Schuessler at the end of the 19th Century.

WHAT'S THE DIFFERENCE BETWEEN CRUDE MINERALS AND TISSUE SALTS?

Tissue Salts are homeopathically prepared minerals that stimulate cell metabolism. Common mineral tablets such as magnesium or calcium have similar properties, but they simply fill up the body's mineral reserves.

Tissue Salts do not need to be broken down in the digestive tract before being assimilated, which allows them to be extremely effective.

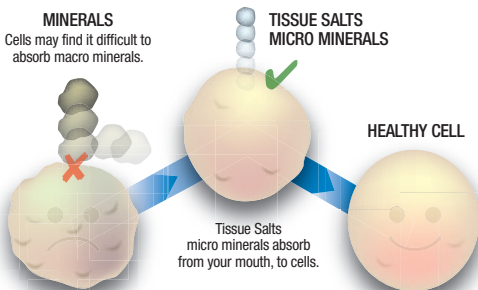


WHY ARE TISSUE SALTS IMPORTANT TO OUR HEALTH?

Tissue Salts provide the cells with the essential nutrients that they lack; proper mineral balance is necessary for normal cell function. When the blood lacks the necessary nutrients, the body becomes prone to illness. Tissue Salts improve the overall absorption of nutrients ingested and encourage overall good health and wellbeing.

WHAT CAUSES TISSUE SALT DEFICIENCY IN THE CELLS?

Lack of a particular tissue salt in the cell arises from stress, a poor diet, bacteria, viruses, pollution or injury. This may cause a blockage in the cell's regulation which can be corrected by providing the correct tissue salts.



Always read the label. Follow directions for use.
If symptoms persist, please see your health professional.

WOULDN'T IT MAKE SENSE TO TAKE ALL TWELVE TISSUE SALTS AT THE SAME TIME?

Dr. Schuessler developed and prescribed the tissue salts for specific disorders. While a combination of all twelve is useful, it is recommended that remedies are selected based on current symptoms.

CAN I TAKE TISSUE SALTS ALONGSIDE PRESCRIPTIVE MEDICINE?

Tissue Salts are non-toxic and non-addictive. They are considered safe and have no known side-effects. There are no known interactions with any medications.

CAN PREGNANT WOMEN TAKE TISSUE SALTS?

Yes. Tissue Salts are considered safe to be taken during and after pregnancy and whilst breastfeeding. We recommend you speak to your health professional before taking any new supplements during pregnancy.

HOW DO I TAKE TISSUE SALTS AND HOW LONG DO I NEED TO STAY ON THEM?

The recommended dose is 1 tablet 4 x per day, when possible 30 minutes away from food.

It is best to stay on the Tissue Salts for at least 1-3 months and visit your healthcare professional if symptoms persist.

CAN I GIVE THE TISSUE SALTS TO MY CHILDREN?

Yes. Half the adult dose for children and quarter the adult dose for infants.

HOW ARE TISSUE SALTS ABSORBED?

Tissue Salts are absorbed into the body via the blood vessels in the mouth, chewing the tablets rather than swallowing whole is preferred. Tissue Salts are quickly and directly absorbed.

CAN I GIVE TISSUE SALTS TO MY PETS?

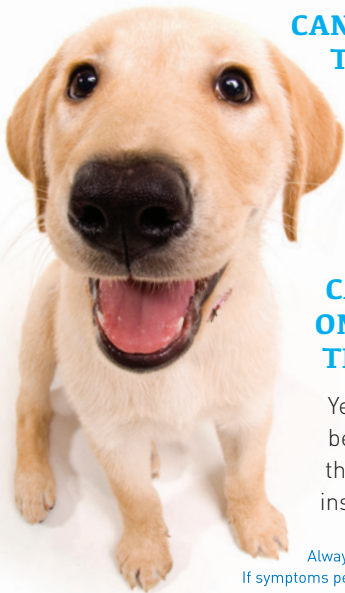
Yes. All the Schuessler Tissue Salts can be given to your pets. The Tissue Salts can be crushed and added to your pet's food.

CAN I TAKE MORE THAN ONE TISSUE SALT AT A TIME?

Yes. More than one Tissue Salt can be taken at a time, however, one of the combinations may be suitable instead.

Always read the label. Follow directions for use.

If symptoms persist, please see your health professional.



HOW LONG DO I NEED TO STAY ON TISSUE SALTS FOR THEM TO BE EFFECTIVE?

It is recommended that you take the same Tissue Salt for at least 1 to 3 months or until your condition is stabilized.



TISSUE SALT SPRAYS

Martin & Pleasance manufactures Tissue Salt sprays in liquid form. Tissue Salts are formulated in a glycerine, ethanol and purified water base making them extremely user-friendly for diabetics or those with lactose intolerance; they are available in a 30mL oral spray bottle.

BENEFITS OF LACTOSE FREE SPRAYS

- Oral Sprays advance absorption rates as they are instantly absorbed into the bloodstream through the blood vessels in the mouth without requiring crushing/chewing.
- Packaged in a convenient, travel-easy bottle size.
- Spray form offers a more gentle treatment for easier compliance and more regular dosage.
- Easily administered for all age groups – do not require crushing for infants and are gentle enough for the elderly and sensitive.
- Pleasant tasting.
- Non-contradictory to other treatments and can be safely used alongside prescriptive or natural therapies.

DOSE

In general an adult dose is 4 sprays, children 2 sprays in a little water and infants 1 spray in a little water.

TIME

A dose should be taken 4 x daily or in acute conditions every half hour until symptoms subside – at least half an hour before meals.



Chapter 2

The 12 Single Tissue Salts

THE TWELVE TISSUE SALTS

| | | | |
|----------|--|---|--|
| 1 | Calc Fluor 6X Calcium Fluoride | Elasticity Bone surface, blood vessels & muscle tissue. | For the temporary relief of cracked skin, mild muscle strain & minor injured ligaments. |
| 2 | Calc Phos 6X Calcium Phosphate | Bone Health Bone, teeth, connective tissue & gastric juices. | For the temporary relief of bone ailments & indigestion. |
| 3 | Calc Sulph 6X Calcium Sulphate | Blood Cleanser Skin cells, bile & blood from the liver. | For the temporary relief of skin disorders, spots, pimples & minor wounds. |
| 4 | Ferr Phos 6X Phosphate of Iron | First Aid Found in all cells. | For the temporary relief of minor inflammation, redness & first stage of minor respiratory ailments. |
| 5 | Kali Mur 6X Potassium Chloride | Glandular Tonic Every body tissue except bone. | For the temporary relief of mucous congestion, coughs & sore throat. |
| 6 | Kali Phos 6X Potassium Phosphate | Nerve Nutrient Tissue & fluid of nerve, brain & muscle cells. | For the temporary relief of mild nervous tension, irritability & headaches. |

| THE TWELVE TISSUE SALTS | | | |
|-------------------------|--|--|--|
| 7 | Kali Sulph 6X Potassium Sulphate | Skin Balance Cells lining the skin. | For the temporary relief of dry, scaly skin, minor eruptions & dandruff. |
| 8 | Mag Phos 6X Magnesium Phosphate | Nerve & Muscle Relaxant Blood, bone & teeth. | For the temporary relief of muscle cramps, spasms, twitches & spasmodic pain. |
| 9 | Nat Mur 6X Sodium Chloride | Fluid Balance Every liquid & solid part of the body. | For the temporary relief of excessive moisture or dryness, runny nose, loss of smell or taste. |
| 10 | Nat Phos 6X Sodium Phosphate | Acid Neutraliser Blood, bone, muscle, nerve & brain cells. | For the temporary relief of acidity, mild indigestion & minor heartburn. |
| 11 | Nat Sulph 6X Sodium Sulphate | Water Eliminator Blood vessel walls and cell coats. | For the temporary relief of poor digestion (biliousness), liver upsets & mild water retention. |
| 12 | Silica 6X Silica | Cleanser & Conditioner Connective tissue, hair, nails, blood, bile, bone & nerve sheath. | Hair, skin & nail nutrient. |



CALC FLUOR (ELASTICITY)

Calcium Fluoride

Calc Fluor is present in the surface of the bones, in the enamel of the teeth and in the elastic fibres of the skin and blood vessels. It is responsible for all the elasticity within the body – deficiencies can lead to varicose veins, over relaxed organs, hardened glands, stretched ligaments.

NB Calc Fluor – Calcium Fluoride should not be confused with Sodium Fluoride which is used for fluoridating water supplies.

Calc Fluor assists with:

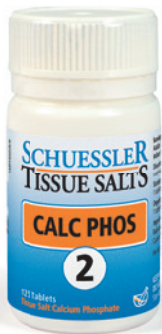
- Enlarged varicose veins
- Haemorrhoids
- Stretch marks
- Poor condition of enamel of the teeth
- Cracks and cuts in the skin
- Constipation due to muscular tone of the rectum
- A backache with dragging down pains
- Chronic synovitis
- Restoring balance to conditions affecting surface of bones

CALC PHOS (*BONE HEALTH*)

Calcium Phosphate

Calc Phos is the most abundant tissue salt in the body. It is found in the bones, teeth, and connective tissue, blood corpuscles and gastric juices. Calc Phos unites with albumin giving solidity to the bones and building the teeth. Bone is 57% Calcium Phosphate. It is the main constituent of all cells of the body fluids and restores tone to weakened tissues and organs.

It assists with the digestion and absorption of food and is vitally important for the building of good bones and body structure. One needs this tissue salt to make a robust constitution and it is thus lacking in a weak constitution. It will speed up convalescence and replenish the body's reserves. Calc Phos also plays a part in blood coagulation and can assist with excessive bleeding – nose bleeds.



Calc Phos assists with:

- Bone problems
- Blood disorders eg. Anaemia
- Poor concentration, low mood and works well in conjunction with Kali Phos
- Poor digestion & nutrition
- Growing pains
- Irregular heartbeat
- Cramps
- Insomnia



CALC SULPH (*BLOOD CLEANSER*)

Calcium Sulphate

Calc Sulph is found in the liver where it helps in the removal of waste products from the blood stream and it has a cleansing and purifying influence throughout the system. This tissue salt influences the formation of connective and supportive tissue in the body supporting the growth of new cells. Calc Sulph is of particular importance for the effect it has on the body of expelling pus.

Calc Sulph supplements the action of Kali Mur in the treatment of catarrh, acne... and it should always be given when pimples occur in adolescence and especially for gum boils with Silica. If there is a deficiency of this tissue salt in the connective tissues, then skin eruptions could turn to abscesses and ulcers.

Calc Sulph assists with:

- Adult acne
- Scaly skin
- Chronic bronchitis
- Boils with pus
- Wounds that won't heal
- Dandruff

FERR PHOS (FIRST AID)**Ferrum Phosphate**

Ferr Phos is known as the First aid remedy. It is found especially in red blood cells. It is regarded as the oxygen carrier. The more oxygen the cells receive, the more nutrients they can burn and the more energy they can release. Iron Phosphate – Ferr Phos plays a role in the creation of energy in the cells. It gives strength and toughness to the circular walls of blood vessels, especially the arteries. We must always remember that freely circulating oxygen rich blood is essential to health and life.

**Ferr Phos assists with:**

- Inflammation anywhere with redness, pain or fever
- Sunburn
- Toothache
- Cold hands and feet
- Tickling cough
- Mild sore throat
- All recent physical injuries
- Strained ligaments and tendons
- Diarrhoea
- Digestive upsets
- Painful, dry throat



KALI MUR (GLANDULAR TONIC)

Potassium Chloride

Kali Mur is the remedy for sluggish conditions and regulates the balance of fluids in the body and sees the proper functioning of nerves and muscles. This tissue salt influences the metabolism of sugar and protein and is very important in maintaining balanced intestinal activity. Ulcerated sore throat, tonsillitis, catarrhal infection of the middle ear call for this tissue salt in alternation with Ferr Phos. Soft glandular swellings call for this remedy and also chronic rheumatic swellings. Its action is complimentary to that of Calc Sulph as both remedies are concerned with cleansing and purifying the blood.

Kali Mur is concerned with the production of saliva and is therefore important in the early stages of digestion.

Kali Mur assists with:

- All inflammatory conditions with whiteness such as, nasal catarrh, swollen tonsils and ulcers
- Constipation with indigestion
- Allergies
- Colds and sore throats
- Nausea and biliousness

KALI PHOS (NERVE NUTRIENT)**Potassium Phosphate**

Kali Phos is found in the tissues and fluids of the body notably of the brain and nerve cells and is the principal tissue salt for the nervous system. Kali Phos is vital for regeneration of nerve tissue and forms “Grey matter”.

Kali Phos is indicated for the treatment of nervous headaches, nervous dyspepsia, sleeplessness, weariness, lowered vitality, low mood and other similar conditions. Kali Phos is indicated in the treatment of shingles, to correct underlying nervous conditions. It is also helpful for the relief of nervous asthma in conjunction with Mag Phos.

**Kali Phos assists with:**

- Nervous anxiety, diarrhoea from emotional upsets
- Fretfulness
- Nervous exhaustion and inability to concentrate during exams
- Nervous headache
- Poor concentration
- Neuralgia
- Fatigue
- Loss of appetite
- Insomnia — too tired to sleep & nightmares
- Mental alertness



KALI SULPH (SKIN BALANCE)

Potassium Sulphate

Kali Sulph is found in the cells lining the skin. It supports the formation of skin cells, hair, and nails which is very important for recovery from skin ailments/imbalance. The discharges are often yellow, slimy or sticky.

A deficiency of Kali Sulph causes a lack of oxygen leading to chilliness, flashes of heat, pains in limbs which move from place to place. It is of great value in the treatment of Psoriasis and Athlete's Foot. Brittle nails and poor condition of skin call for the combination of Kali Sulph and Silica.

Kali Sulph assists with:

- Skin disorders
- Slow healing wounds
- Rashes
- Weeping/flaking skin
- Brittle nails
- Second stage of cold

MAG PHOS (MUSCLE RELAXANT)

Magnesium Phosphate

Mag Phos is the anti-spasmodic, tissue salt. It is the remedy which relieves cramps and aches and supplements the action of Kali Phos. Mag Phos is quick to relieve pain, especially cramping, shooting, darting or spasmodic pain. It relieves muscular twitching, cramps, hiccups, fits of coughing and those sudden, sharp twinges of pain that are so distressing.

Mag Phos assists with:

- Nerve pains such as neuralgia, neuritis, sciatica & headaches
- All cramps & spasms
- Flatulence
- Spasmodic palpitations
- Cramping & headaches
- Nervous tension
- Muscle cramps





NAT MUR (FLUID BALANCE)

Sodium Chloride

Nat Mur is the tissue salt responsible for the distribution of water in the body. Symptoms become evident where there is too much water or too little water i.e. where there is dryness. Stomach juices and cell division are made possible because of this salt. Nat Mur can be used with advantage in cases when a salt free diet is recommended.

Nat Mur assists with:

- Dehydration
- Hayfever, clear watery nasal discharge often with loss of smell
- Watery eyes or nose
- Cold sores around nose & mouth
- Constipation, dry stools
- Dry whitish scaly, cracked skin
- Dry lips which crack
- Dry eyes
- Craving of salty foods

NAT PHOS (ACID NEUTRALISER)**Sodium Phosphate**

Nat Phos is the acid neutralising tissue salt and is present in the blood, muscles, nerve and brain cells. It is used in conditions of excess acidity which are characteristically sour smelling. This salt regulates the balance of fats and acids in the body at all times. This tissue salt is known as the alkaliniser and can alleviate arthritic/ rheumatic tendencies.

**Nat Phos assists with:**

- Heartburn
- Acid taste & sour breath
- Acid indigestion
- Vomiting of sour fluids
- Diarrhoea with sour smelling stools
- Joint stiffness, use along with Mag Phos



NAT SULPH (WATER ELIMINATOR)

Sodium Sulphate

Nat Sulph is called the water eliminating tissue salt. It is thus the main remedy for water retention. It is also strongly associated with the liver and gall bladder. This tissue salt is essential for the proper digestion of sugars and starches and for the effective withdrawal of water from the cells. This tissue salt largely controls the healthy functioning of the liver; it ensures an adequate supply of free-flowing healthy bile, so necessary for the later stages of digestion. Nat Sulph ensures the disposal of toxic charged fluids and its importance in the treatment of rheumatic ailments is self-evident.

Nat Sulph assists with:

- Biliousness
- Vomiting of bile
- Heartburn, bitter taste in the mouth
- Indigestion
- Flatulence & constipation
- Persistent cough or chronic bronchitis
- Cellulite

SILICA (CLEANSER & CONDITIONER)**Silicon Dioxide**

Silica is present in the blood, skin, hair and nails. It is also a constituent of connective tissue, bones, nerve sheath and mucous membranes. Its action is deep and long lasting. Silica acts more upon the organic substances of the body, involving particularly the bones, joints, glands and skin.

Silica is a cleansing, elimination tissue salt and removes putrid material from the body.

Silica assists with:

- Pimples, styes and boils
- Bad odour, offensive perspiration
- Smelly feet
- Strengthening weak constitutions
- Spots on the nails, brittle nails
- Improved condition of hair, skin & nails
- Ingrown toe nails
- Constipation



Chapter 3

Combination Remedies

A close-up photograph of a young woman with long brown hair, wearing a light-colored straw hat. She is smiling broadly, showing her teeth, and looking upwards and to the right. She is holding a large bouquet of bright yellow flowers in front of her. The background is bright and out of focus, suggesting an outdoor setting with sunlight.

Why Combination Remedies?

Combined formulations of the 6X strength tissue salts were unknown in Schuessler's day. Over the years, however, the convenience and effectiveness of the combined formulations of the tissue salts have come to be recognised.

They make remedy selection easier, and there is no doubt at all that, in general, combined remedies are as effective as single tissue salts.

Martin & Pleasance, the manufacturer and distributor of Schuessler Tissue Salts in Australia, New Zealand, the UK and Canada, supply a comprehensive range of combination remedies.

These remedies have been specially formulated for use in certain groups of ailments, and are the result of many years of clinical experience. Tissue Salt combinations make it easy for the person needing to take a number of remedies for the same condition.



A Ferr Phos, Kali Phos, Mag Phos

Restless sleep due to muscle cramps, sciatica or inflammation.

Combination A can be usefully taken in addition to any other method that might have to be employed to relieve the pain from inflammation of the sciatic nerve or other forms of neuralgia or neuritis.



B Calc Phos, Kali Phos, Ferr Phos

General debility, nervous exhaustion and mild nervous conditions.

Sometimes life can make us feel tense and generally rather 'drained'. This is quite common during convalescence from any infection, operation or injury. Combination B can help in times of exhaustion as a result of stress, or physical factors such as recovering from the flu or surgery.



C Mag Phos, Nat Phos, Nat Sulph, Silica

Acidity, heartburn and dyspepsia.

Sufferers from indigestion or dyspepsia will know all about the consequent uncomfortable symptoms. It can be acidity caused by over production of stomach acid, or heartburn caused by reflux of stomach acid. Combination C is designed to help with these symptoms either individually or combined.

D Kali Mur, Kali Sulph, Calc Sulph, Silica

For minor skin ailments, scalp eruptions, eczema, acne and scaly skin.

When you want a natural remedy for skin troubles, Combination D is an effective combination of the 4 minerals needed by the body for healthy skin and maintenance. It is best taken as a course of treatment.

E Calc Phos, Mag Phos, Nat Phos, Nat Sulph

Gastric discomfort, flatulence, bloating and colic.

Flatulence causes distension of the stomach or intestines which can produce colicky pains, though these are often the result of indigestion. Whether these or other symptoms of indigestion occur singly or together they can be eased by the particular combination of tissue salts present in Combination E.

F Kali Phos, Mag Phos, Nat Mur, Silica

Fatigue, physical and mental exhaustion.

Nervous headaches are usually brought on by physical response to stress and can be disabling. Migraine headaches are periodic throbbing headaches which usually start on one side. They are brought on by a variety of causes, often certain foods. The trigger differs from person to person. With persistent headaches, it is wise to see a doctor to make sure there is no organic cause. Sufferers from nervous and migraine headaches can frequently be helped by Combination F.



G Calc Fluor, Calc Phos, Kali Phos, Nat Mur

Backache and pain in the lumbar region.

At some time in their life most people experience backache. Lumbago is backache in the lumbar region of the spine. Backache seems to dominate life when present and so sufferers need to try Combination G.



H Mag Phos, Nat Mur, Silica

Hayfever, allergies and rhinitis.

Hayfever is an “allergic” condition of the mucous membranes of the nose, eyes and upper respiratory tract. It is common during spring when sensitivity to pollen is severe, but it is very treatable by Combination H, particularly if treatment is started from six weeks before the expected onset of normal symptoms.

I Ferr Phos, Kali Sulph, Mag Phos

Fibrositis, muscular pains and inflammation.

Fibrositis and muscular pain (sometimes called muscular rheumatism), is marked by pain and stiffness. It is caused by inflammation of the sheaths surrounding the muscle fibres which are involved with body movement. Combination I provides three tissue salts which act together favourably for this condition. Naturally if the trouble persists medical help should be sought.

J Ferr Phos, Kali Mur, Nat Mur

Chest congestion, coughs and cold.

The autumn and winter seasonal remedy. The common cold with its unpleasant symptoms of runny nose, sneezing and catarrh is often “caught” when the body’s resistance is lowered. Often these symptoms are followed by a cough and

slight chest condition. Should bronchitis develop or the cough persist the advice of a doctor should be sought. The symptoms of a common cold can be eased by Combination J.

K Kali Sulph, Nat Mur, Silica

Brittle nails, falling hair and flaky scalp.

Hair grows from follicles in the skin which are nourished by blood vessels. The appearance and health of the hair often reflects the health of the body as a whole. Nails from the nail beds on fingers and toes have a protective function. During illness nails may cease to grow and Combination K has a particular combination of three tissue salts which are effective to different aspects of the maintenance of hair and nail health.

L Calc Fluor, Ferr Phos, Nat Mur

Cold limbs, varicose veins and inflammation.

The three tissue salts in Combination L act synergistically, which means that each reinforces the action of the other. Taken regularly they may help maintain some aspects of the health of those leading a sedentary lifestyle.



Always read the label. Follow directions for use.
If symptoms persist, please see your health professional.

M Calc Phos, Kali Mur, Nat Phos, Nat Sulph

Rheumatism, stiff joints, poor mobility & minor fluid build up.

Many people experience rheumatic pain at some time in life. If persistent or severe, medical help should be sought, but in many instances self help with a safe home treatment will be adequate. Combination M is just such a suitable and effective treatment.

N Calc Phos, Kali Mur, Kali Phos, Mag Phos

Menstrual pain, stomach cramps, bloating and headaches.

Menstrual pain (dysmenorrhoea) refers to the pain experienced during the monthly period. It can vary in intensity from month to month, and may occur at different times. Always seek medical advice if pain is severe or there is doubt/anxiety that there is a possible organic cause for the pain, or there is excessive blood flow or clotting. Combination N causes no side effects and so can be taken with confidence by menstruating women of all ages.

P Calc Fluor, Calc Phos, Kali Phos, Mag Phos

Poor circulation causing aching feet and legs & muscular pain.

For people who spend much of the day standing, particularly standing still, aching feet and tired legs are a common phenomenon. Combination P is a particularly appropriate remedy for such problems.

Q Ferr Phos, Kali Mur, Kali Sulph, Nat Mur

Sinus, symptoms of sinusitis and catarrh.

Catarrh is the troublesome discharge formed as a result of inflammation of the mucous membranes at the back of the nose. Combination Q incorporates four tissue salts to help relieve these symptoms.

R Calc Fluor, Calc Phos, Ferr Phos, Mag Phos, Silica

Painful teeth, teething, tooth pain and dental inflammation.

Many infants experience some difficulty with teething. As the erupting tooth forces its way through the tender gum it causes pain and stress to the baby. Combination R has been designed to help alleviate these infant teething pains. Also useful for toothache in teenagers and adults.



S Kali Mur, Nat Phos, Nat Sulph

Stomach upsets, biliousness, queasiness and nausea.

Stomach upsets are often accompanied by biliousness and sick headaches. Though usually lasting only a day or two, these upsets can be most unpleasant. Combination S can be used when the above troubles occur together or when each occurs alone.

T Ferr Phos, Kali Mur

The remedy for the first stage of minor illness.

The combination of Ferr Phos and Kali Mur has always been used as a first stage defence against illness and inflammation. Combination T can also be used as a support for the immune system.

U Calc Phos, Calc Fluor, Silica, Nat Phos

For calcium deficiency, to maximise absorption of calcium.

The four minerals in Combination U work together to maximise the ability of bones and teeth to utilise and absorb Calcium.

5 Nerve Tonic – All 5 Phosphates

A remedy for nerve troubles, neuralgic pain, want of energy and debility.

12 General Tonic – All 12 Tissue Salts

A general tonic to be taken during times of overall fatigue & exhaustion.

NB: All single tissue salts and combinations can be safely taken alongside your prescription drugs.



Always read the label. Follow directions for use.
If symptoms persist, please see your health professional.

ACTIVATE YOUR HEALTH WITH ESSENTIAL MINERALS

BIOCHEMISTRY

The chemistry of living tissue

The human body is composed of three perfectly balanced materials; water, organic and inorganic substances. The inorganic (mineral) elements build the millions of cells in the body which are continually renewing. If the blood lacks the necessary quantities of these minerals then cellular imbalance occurs, giving rise to disease.

Dr Schuessler's theory:

The human body contains 12 vital mineral (tissue) salts; these need to be in balance for normal cellular function and thus for the maintenance of good health.

Health can be restored by giving cells the essential nutrients they lack.

The most efficient way to assimilate the deficient minerals is by homeopathically prepared micro-doses of minerals (tissue salts) as these are readily absorbed into the bloodstream and therefore into the cells.

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