

SCHUESSLER TISSUE SALTS

ACTIVATE YOUR HEALTH WITH ESSENTIAL MINERALS



Level 1

Tissue Salt

TRAINING MANUAL • UK

Martin & Pleasance Philosophy

Established in 1855, Martin & Pleasance continues its long-standing tradition of manufacturing remedies that offer traditional natural solutions to a diverse range of health conditions.

OUR PHILOSOPHY IS BASED ON THE PRINCIPLES OF:

- Quality... GMP laboratory facility
- Efficacy... Consistent potencies to ensure effectiveness
- Traditional methods (eg. hand trituration & succussion)
- Committed to Education
- Dedicated to Customer Service

Our history of focusing on the total health and wellbeing of individuals remains fundamental to the range, and is supported by our product strategy and a total commitment to training and targeting marketing support.

WHY NATURAL REMEDIES?

- Complementary to prescriptive medicine
- Suitable for all ages from infants to the elderly
- Appropriate for sensitive people
- No reported side effects from ongoing use
- Effective, established throughout the world
- Aims to treat the cause not just the symptoms
- Complementary to a total wellbeing philosophy

THE MAIN PURPOSE OF THIS COURSE:

1. To provide the student with sufficient information to confidently discuss the Martin & Pleasance Schuessler Tissue Salts with customers, family & friends.
2. To assist & recommend Tissue Salts in retail for simple conditions.
3. To incorporate Schuessler Tissue Salts when selling other natural products to your customers.
4. To promote Schuessler Tissue Salts in your store.

HOW THE COURSE WILL BE CONDUCTED:

The course is divided into 3 sections and a series of 10 questions will need to be completed after having read the workbook at least twice. The questions are to be answered and sent back to Martin & Pleasance for correction. On successful completion you will receive a Certificate of Completion and free product and handbook, which will enable you to successfully recommend Tissue Salts to your customers, family & friends.

REGISTRATION INCLUDES:

Detailed Workbook and a series of questions.

THE SECTIONS IN YOUR TISSUE SALT WORKBOOK:

1. What are the Schuessler Tissue Salts & How they work in the body.
2. The 12 Schuessler Tissue Salts explained in detail.
4. A series of 10 questions to be completed on Schuessler Tissue Salts using your workbook.

When you have completed your course, to receive your certificates, email:

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Schuessler Tissue Salts



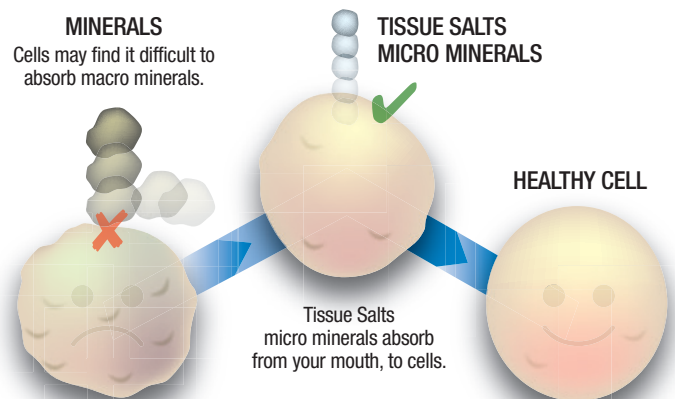
Biochemistry was developed by the German Doctor, W.H. Schuessler, in the late 1800s. He was not the first to understand the basic principles involved, but certainly he was the first to develop the idea into a practical healing science.

Biochemistry is based on the knowledge that the body is composed of billions of tiny cells, the bulk of which are made up of water and organic compounds, the rest being inorganic substances or minerals. The inorganic mineral elements are needed to activate other substances that replace the continually decaying cells of the body. Minute quantities of these active minerals are carried to all parts of the body in the blood and, if the blood lacks the necessary quantities of these inorganic elements, the cell rebuilding process is disturbed and disease occurs. Dr Schuessler determined that these inorganic substances are present in the body as compounds (mineral salts), and he named these 12 principal compounds "Tissue Salts". He defined the types of disease (symptoms) arising from a deficiency of each tissue salt and, from this knowledge, was able to prescribe with great accuracy and effect.

The usefulness of these salts depends upon the body's ability to quickly and efficiently assimilate the mineral into the bloodstream. To allow this, Dr Schuessler prepared his remedies using the Homeopathic process of trituration. This involves one part of the pure mineral salt being added to nine parts of lactose (sugar of milk). One part of this mixture is then added to nine parts of the neutral substance and again triturated. This gives the 2X potency. The process can be repeated indefinitely but, in practice, the 6X potency is most frequently used. In this dilution the remedy can be absorbed directly into the bloodstream and body, through the mucosa of the mouth. This is why the Tissue Salts must be dissolved in the mouth and not swallowed whole.

THE 5 PRINCIPLES OF BIOCHEMISTRY: AS PROPOSED BY SCHUESSLER

1. Disease does not occur if cell metabolism is normal.
2. Cell metabolism is normal if cell nutrition is adequate.
3. Nutritional substances in the body are either of an organic or inorganic nature.
4. The ability of the body's cells to assimilate, to excrete and further to utilize nutritional material is impaired if there is a deficiency in the inorganic mineral (tissue salt) constituent of cellular tissues.
5. Adequate cell nutrition may be restored and cellular metabolism normalized by supplying the required tissue salts to the organism in a finely divided assimilable form.



The reason why Biochemistry may not help in all (non-surgical) conditions is that, while the salts may restore the inorganic balance of cell tissues, thus alleviating the symptoms, if the cause of the disturbed metabolism is not directly eliminated, then the disease may return. For example, if the cause of an illness is an emotional disturbance that has led to cell deficiency, then the tissue salts may restore chemical balance to the cell and may improve the overall strength of the patient, thus giving the patient a much better chance of overcoming the emotional disturbance. However, administration of the tissue salts does not automatically guarantee that the emotional problems themselves, which are the root cause of the physical symptoms, will be overcome.

It is virtually impossible to make a condition worse by administering tissue salts, and it is very probable that a condition will improve. This is why the tissue salts are so valuable in acute and short term illness. However, the long term effective cure of a chronic disease is not guaranteed by use of the tissue salts alone. The Tissue Salts are inexpensive to buy, easy to prescribe, have no reported side effects and have achieved great success in many cases. Tissue Salts naturally restore balance at the cellular level of your being.

Martin & Pleasance has been manufacturing Dr Schuessler Tissue Salts for over 100 years and carefully follow the original process of hand-grinding the minerals. Martin & Pleasance Tissue Salts have no taste and can be chewed, dissolved in the mouth or dissolved in water. Remember, taking them frequently is more important than "one big dose".

The Tissue Salts are now formulated in sprays to cater for those individuals who cannot take the Tissue Salts in lactose form. The sprays are ideal for vegetarians, arthritis sufferers, children and those who have difficulty or do not wish to chew tablets. The oral spray Tissue Salts are convenient to use and packaged in a travel-easy bottle. Simply spray 4 sprays under tongue 4 times per day. In acute cases, 4 sprays every ½ hour for up to 6 doses is the recommended dose.

What are Tissue Salts?

Tissue Salts are micro-doses of the body's 12 vital minerals, prepared in a homeopathic method. They are inorganic mineral substances, exactly the same as those that compose our earth and its soil. Any deficiency or imbalance could result in illness. Dr W.H. Schuessler, a 19th Century German Homeopathic Physician, regarded them as the material basis of the organs and tissues of the body.

WHY ARE TISSUE SALTS IMPORTANT TO OUR HEALTH?

- A proper mineral balance is necessary for normal cell function & the maintenance of good health.
- Giving the cells the essential nutrients (mineral salts) they lack, can restore health.
- When our blood is lacking the necessary nutrients, cellular activity declines & our bodies become prone to illness.
- Minerals are the basic building blocks of the body.
- Vitamins are often useless without the presence of associated minerals.
- Cell nutrition can be revitalized by supplying the deficient mineral salt in a readily assimilated form.
- Tissue Salts are vital constituents of the body.

WHO DISCOVERED TISSUE SALTS?

In the early 19th Century, noted German Physiological Chemist and Physicist, Dr W.H. Schuessler, identified 12 Tissue Salts in every human cell, these Biochemic Tissue Salts are now recognized as the foundation of the body's health and well-being.

Biochemistry is the chemistry of living tissues

WHO CAN TAKE TISSUE SALTS?

They can be used safely by infants, children, adults, elderly, pregnant women and pets.

HOW LONG IS IT NECESSARY TO KEEP TAKING TISSUE SALTS?

The length of time one needs to take Tissue Salts is directly related to the length of time a health problem has existed. It is common to suggest one month's treatment for every year the problem has been part of your life.

HOW MANY TISSUE SALTS CAN BE TAKEN AT ONE TIME?

In general, between 3 and 5 Tissue Salts are prescribed in an individual treatment for long-standing problems.

Martin & Pleasance has combined single Tissue Salts to make "Combinations" to make it easier for an individual needing more than one salt at any given point of time. For acute problems, 1 or 2 remedies are often prescribed. Combination remedies are often equal amounts of single tissue salts in each formulation.

ARE TISSUE SALTS SAFE?

- Tissue Salts are non-toxic and non-addictive.
- They are completely safe, producing no side-effects.
- They can be safely used by infants and pregnant women.
- They can be safely used alongside prescriptive medicines.

Martin & Pleasance, leading manufacturer of Schuessler Tissue Salts, carefully follows the original process of hand-grinding the mineral, as they were prepared by Dr Schuessler in the late 1800's.

Hand-Grinding (or Trituration) is especially important in the effectiveness of the preparation of Tissue Salts.





HOW OFTEN DOES ONE NEED TO TAKE TISSUE SALTS?

Frequency of dose may vary according to the individual circumstances. Tissue Salts are most commonly taken 4 times per day as follows:

Adults: 1 tablet, 4 times per day or 4 sprays, 4 times per day.

Children: ½ tablet, 4 times per day or 2 sprays 4 times per day
Infants: ¼ tablet, 4 times per day or 1 spray 4 times per day.

HOW ARE THEY ADMINISTERED?

Tissue Salts most commonly come in the form of a lactose-calcium based tablet or in liquid form of an alcohol and distilled water base. In the case of lactose intolerance or Diabetes, it is best to take the salts prepared in liquid form. Tissue Salts are chewed or sprayed into the mouth, preferably at least 20 minutes before or after meals, tobacco, caffeine, toothpaste or spicy foods. Calc Fluor, Ferr Phos and Mag Phos are also available in aqueous based creams.

In acute cases, where disease has developed suddenly - lasting a few hours or a few days – Tissue Salts can be taken at 15 minute intervals, over 24 hours, safely and when the episode is over, there is no need to continue such frequent dosage. In chronic cases, Tissue Salts are usually taken 4 times daily for a number of months. It is important to continue taking Tissue Salts for at least 1 to 3 months for optimum results.

Schuessler Tissue Salts are available in:

Tablets

Sprays



Twelve 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.

Combination Tissue Salts

A	Insomnia	Ferr Phos Kali Phos Mag Phos	L	Circulatory Disorders	Calc Fluor Ferr Phos Nat Mur
	Sciatica			Sciatica	
	Restless Sleep			Cold Limbs, Inflammation	
B	Debility	Calc Phos Ferr Phos Kali Phos	M	Rheumatism	Calc Phos Kali Mur Nat Phos Nat Sulph
	Nervous Exhaustion			Stiff Joints	
	Irritability, Anxiety			Poor Mobility	
C	Acidity	Mag Phos Nat Phos Nat Sulph Silica	N	Menstrual	Calc Phos Kali Mur Kali Phos Mag Phos
	Heartburn			Stomach Cramps	
	Dyspepsia			Bloating	
D	Skin Disorders	Calc Sulph Kali Mur Kali Sulph Silica	P	Poor Circulation	Calc Fluor Calc Phos Kali Phos Mag Phos
	Acne			Chilblains	
	Eczema			Aching Feet & Legs	
E	Indigestion	Calc Phos Mag Phos Nat Phos Nat Sulph	Q	Sinus	Ferr Phos Kali Mur Kali Sulph Nat Mur
	Gastric Discomfort			Catarrh	
	Flatulence			Sinusitis	
F	Fatigue	Kali Phos Mag Phos Nat Mur Silica	R	Painful Teeth	Calc Fluor Calc Phos Ferr Phos Mag Phos Silica
	Physical Fatigue			Teething	
	Mental Exhaustion			Tooth Pain	
G	Lumbago	Calc Fluor Calc Phos Kali Phos Nat Mur	S	Stomach Upset	Kali Mur Nat Phos Nat Sulph
	Backache			Biliousness	
	Pain in Lumbar Region			Sick Headache	
H	Hayfever	Mag Phos Nat Mur Silica	T	1st Stage of Illness	Ferr Phos Kali Mur
	Sinusitis			Inflammation	
	Allergies			Fever, Onset of Sore Throat	
I	Fibrositis	Ferr Phos Kali Sulph Mag Phos	U	Calcium Absorption	Calc Fluor Calc Phos Nat Phos Silica
	Muscular Pain			Calcium Deficiency	
	Inflammation			Maximises Calcium Absorption	
J	Congestion	Ferr Phos Kali Mur Nat Mur	5	5 Phosphates	Calc Phos Ferr Phos Kali Phos Mag Phos Nat Phos
	Coughs & Colds			Anxiety	
	Chest Congestion			Neuralgic Pain	
K	Weak Nails	Kali Sulph Nat Mur Silica	12	General Tonic	All 12 Single Tissue Salts
	Brittle Nails			General Tonic	
	Falling Hair, Flaky Skin			Overall Fatigue & Exhaustion	

Calc Fluor



CALCIUM FLUORIDE

Keywords: Elasticity salt, flexibility, resilience - tonifier and strengthener.

Found in: Bond surfaces, teeth enamel, elastic fibres of skin, muscle tissue, connective tissue and blood vessel walls.

For: Any relaxed/prolapsed or hardened/tightened conditions of the ligaments, tendons, muscle fibres, cartilage, blood vessels, skin and glands. Any deficiency/weakness in the bone and tooth enamel.

Major Signs: Cracked/fissured/split. Many dental caries. Prolapse (varicose veins, haemorrhoids).



Calc Phos



CALCIUM PHOSPHATE

Keywords: Cell builder, growth supporter, general tonic/ rehabilitation.

Found in: Bones (body structure), teeth, connective tissue, blood cells and digestive juices.

For: Bone growth and/or deficiency, teeth integrity, glandular secretion quality, muscle cramping and guarding, nervous over-activity and over-stimulation.

Major Signs: Pregnancy and other times of rapid growth (childhood, adolescence). Growing pains. Chronic ailments (especially of a catarrhal or glandular nature) in children. Cranky, irritable kids. Poor appetite. Albuminous (like egg-white) discharge. Cramps, headaches worse in the cold. Poor bone density and osteoporosis. White fleck, weak nails.



Calc Sulph

CALCIUM SULPHATE

Keywords: Blood cleanser, resolves suppuration - dissolves discharge. Nature's corset - seals and holds.

Found in: Connective tissue - epithelial (skin) cells, the blood, bile from the liver.

For: Wound healing & "sealing". Corrects slow healing tendency. Suppurating (pus) in the following: acne, abscesses, boils, fistula, ulcers, tonsils or skin ailments. Thick, lumpy, "pusy", yellow discharge - often blood streaked.

Major Signs: Skin eruptions that may turn into ulcers or abscesses. Mucous discharges are yellow, thick and lumpy. Glandular swellings.

Ferr Phos

FERRUM PHOSPHATE

Keywords: First Aid tissue salt - for the first stage of inflammation and infection. For redness, heat & inflammation.

Found in: Haemoglobin (together carry oxygen to cells) of blood: blood vessels: all body cells.

For: All inflammatory states - red, hot, swollen characteristics. First stage of infection and/or inflammation. Dry, red, irritated & inflamed mucous membranes, best before copious discharge appears.

Major Signs: First stage of all infection and or inflammation. First aid salt (injury - redness, heat and swelling). Iron deficiency. Menstrual pain/inflammation, loss of blood. Menopausal flushing. Childhood fevers and inflammation - colds, flu, coughs, teething...



Kali Mur



POTASSIUM CHLORIDE

Keywords: Glandular tonic, congestion remover, lymphatic cleanser. For the second (catarrhal) stage of infection/inflammation.

Found in: Every body tissue cell except bone.

For: Any catarrhal discharge tendency - especially white, thick mucous. Soft or spongy glandular swellings of the lymph nodes.

Major Signs: White mucous discharge - from any orifice. White to greyish - white tongue coating. Swollen (soft) glands anywhere in the body. Persistent (sub-acute) characteristics discharge. Middle ear congestion and infection. Excellent tissue salt for warts.

White,
Clear, Copious
Mucus

Fluid
Retention

Colds &
Sore Throats

Inflamed
Joints

Colitis &
Irritable Bowel

Kali Phos



POTASSIUM PHOSPHATE

Keywords: Nerve and brain tonic. Nerve nutrient.

Found in: Rich in the nerve and brain cells, tissues and fluids. Also in muscle cells, blood and extracellular fluid.

For: Nervous tension: nervous fatigue and depression; brain fag, poor memory and concentration; lack of nerve tone - weakness, numbness, twitches and spasms, headaches, low energy.

Major Signs: Mental anxiety, tension and or depression. Brain fag and lack of mental energy. Poor quality sleep (and or nightmares). No "get up and go". Mental and emotional stress and trauma.

Fatigue &
Mental
Exhaustion

Depression

Weepiness

Irritability

Twitches

Pregnancy
Growth



Kali Sulph



POTASSIUM SULPHATE

- Keywords:** Skin & mucous membrane conditioner: third stage of infection.
- Found in:** The cells of the skin and all mucous and cell membranes. With Ferr Phos carries oxygen to cells and tissues.
- For:** Any yellow-green, sticky thick and copious mucous discharge from skin or orifices. Dry, scaly skin eruptions and irritations.
- Major Signs:** Dry, scaly & irritated skin complaints - psoriasis, eczema, dermatitis, tinea, of the scalp, etc. A distinct lack of perspiration. Chronic discharge. Chronic catarrhal complaints with characteristic discharge.

Mag Phos



MAGNESIUM PHOSPHATE

- Keywords:** Nerve and muscle relaxant and nutrient. Anti-spasmodic and calming.
- Found in:** Bone, teeth, blood and cellular tissues - rich in the fluid that nourishes nerve and muscle fibres.
- For:** All muscular tension, spasm, cramping, twitching, shaking & trembling, in smooth, skeletal, and cardiac muscle. For any acute sharp, shooting and or radiating pain. Tension and or cramping relieved by warm application or pressure.
- Major Signs:** Spasm, cramping, tension. Anxiety and nervousness. Twitches and ticks. Sharp, shooting pain. Neuralgia and nerve pain. Tension headaches. PMS and cramping. Colic and irritable bowel complaints.



Nat Mur



SODIUM CHLORIDE

Keywords: Water distributor - fluid balancer.

Found in: All body fluids and cells.

For: Attracting and distributing water so maintaining water balance. Especially for any condition with excess or deficient water.

Major Signs: Any clear, running, watery discharges - upper respiratory colds and hayfever (esp. with frequent sneezing). Often accompanied by dry throat, cracked lips and loss of smell. Cold sores. Water blisters. Mapped (geographic) tongue. Dehydration.



Nat Phos



SODIUM PHOSPHATE

Keywords: Acid neutralizer, acid-alkaline balancer. Nature's own ant-acid.

Found in: In the intercellular fluid of the blood, bone, nerve and brain cells.

For: Acid build up in tissues leading to digestive rheumatic disorders. Breaks down lactic acid and so assists its elimination.

Major Signs: Creamy - white coating towards rear of tongue. Useful for all joint and muscle deposits - rheumatism, gout, arthritis, kidney stones and muscular stiffness. Dyspepsia (heart burn), reactions to fatty/rich foods, nausea and acid reflux. Stomach bloating soon after eating.





Nat Sulph



SODIUM SULPHATE

Keywords: Fluid eliminator and liver cleanser.

Found in: Blood vessel walls, intercellular fluids & connecting tissue, liver cells and bile salts.

For: Flushes and eliminates excess fluid from intercellular tissue. Conditions liver for adequate bile production for digestion and blood.

Major Signs: Liver related upsets - alcohol and fat intolerance, nausea and vomiting, bloatedness, food or other poisonings. Fluid retention and associated toxic build up - especially of feet and legs, rheumatic pains (often worse for exposure to cold and damp conditions). Greenish to dirty brown "smokers" tongue.

Silica



SILICON DIOXIDE

Keywords: Cell cleanser and conditioner, calcium re-organiser and distributor - "Nature's Sculptor".

Found in: Connective tissue - cartilage, ligament, epidermis of skin. Hair and nails. Present in blood and blood vessels, bile, bone and nerve cells.

For: Cross-links (strengthens) connective tissue - arterial walls, ligaments. Reinforces structure (and organises calcium).

Major Signs: Hair - falling out, split ends, poor growth. Nails - vertical ridging, brittle or excessively strong tendency to blind skin eruption - pimples, abscesses, boils and styes. Tendency to scars and/or adhesions and slow healing skin. Offensive sweating, especially of the feet. All skeletal strength problems.



Combination Remedies

MOST POPULAR AND WHY

COMB D: Skin Disorders

A useful skin treatment, especially for any form of acne, eczema or skin scaling. Very effective for teenage acne. Can take as an acute remedy for pimples (ie take one tablet every half hour for first 2 days, then 4 hourly for 2 days and then 3 times daily for another week.) Comb D contains: Kali Mur (2nd stage of inflammation); Kali Sulph (skin salt); Calc Sulph (blood purifier) & Silica (cell cleanser).

COMB H: Hayfever

Allergic conditions causing inflammation of the nose, eyes, upper respiratory tract. Can be used as a preventative to 'spring allergies' if taken 6 weeks prior to the expected allergic attack. Also useful to control symptoms taken half hourly when hayfever is severe. Comb H contains Mag Phos (relieves sneezing spasms); Nat Mur (improves watery discharge) and Silica (cell cleanser).

COMB J: Congestion

Coughs & colds with a 'chestiness'. If not caught early enough with Comb T, best to use Comb J for stuffy nose, sneezing & catarrh build-up. May stop cold moving to throat & chest. Comb J contains Kali Sulph (3rd stage inflammation); Kali Mur (2nd stage of inflammation), Nat Mur (fluid balance).

COMB K: Weak & Brittle Nails

Weak & brittle nails are often caused by poor nutrition, or lowered immunity, or low oxygen to cells, thus correct cell nourishment will improve nail, hair & skin condition. Comb K includes Kali Sulph (cell & tissue oxygenator), Nat Mur (water distributor) and Silica (calcium re-organiser).

COMB Q: Sinus Disorders

Comb Q helps clear catarrhal build-up caused by inflamed mucous membranes. Often occurs in a common cold or a low grade infection presenting as a post-nasal drip. Comb Q includes Ferr Phos (1st stage of inflammation), Kali Mur (2nd stage of inflammation); Kali Sulph (3rd stage of inflammation, cell oxygenator) & Nat Mur (water distributor).

COMB R: Painful Teeth

Comb R was specifically designed to alleviate infant teething pains, as the teeth are emerging through sore & sensitive gums. Comb R contains Calc Fluor (improves enamel formation & strengthens teeth in gums); Calc Phos (helps build healthy teeth); Ferr Phos (alleviates mild fever & pain symptoms of teething), Mag Phos (very sensitive teeth with shooting pains); & Silica (restores gum healing).

COMB T: 1st Stage of Illness

Comb T may assist anyone with niggling 'cold' symptoms eg. runny nose, beginnings of a dry-sore throat. Can be used at the beginning stage of all ailments. Must catch it at onset (ie. acute stage, first 24 hours). Comb T contains Ferr Phos (1st stage of inflammation) & Kali Mur (2nd stage of inflammation).

COMB U: Calcium Absorption

Comb U may assist all women concerned with maintaining calcium in bones. This remedy improves calcium uptake in bones & teeth, ensuring maximum utilization & absorption of calcium. Comb U contains Calc Phos (for general weakness), Calc Fluor (elasticity salt), Silica (places calcium in bone matrix, keeping it in bone), Nat Phos (improve digestive process, thus calcium assimilation).

COMB 5: Phosphates

Comb 5 is a major remedy for all nervous conditions, including neuralgic pain & lowered energy states due to a long-term illness. Comb 5 contains the 5 PHOSPHATES: Calc Phos (general tonic); Ferr Phos (1st aid salt); Kali Phos (nerve tonic); Mag Phos (nerve & muscle relaxant) & Nat Phos (acid neutraliser).

COMB 12: All 12 Tissue Salts

Comb 12 is a general tonic useful for all those whose symptoms have been debilitated from stress or chronic illness. This is a useful remedy to help people who cannot assimilate food, thus a nourishing tonic for anorexics or elderly convalescence.

All Single & Combination Tissue Salts are available in tablets. Comb 12, Ferr Phos, Kali Phos & Mag Phos also available in oral spray.



Questions

MARTIN & PLEASANCE • SCHUESSLER TISSUE SALTS • LEVEL 1

Tissue Salt Correspondence Course to be completed:

Name: _____

Store Name: _____

Address: _____

Email: _____

Phone: _____

NB. To answer the following questions you will need to re-read your workbook.

1. What are Tissue Salts and what is meant by the word Biochemistry?

2. Who was Dr. Schuessler and what was his theory?

3. How are Tissue Salts taken and how long does one need to stay on them for?

4. List the 12 Tissue Salts with a brief explanation on the uses of each Tissue Salt

Questions

5. Are Tissue Salts safe and can they be prescribed when an individual is on prescriptive medicine? How would you describe the benefits of the Schuessler Tissue Salts to them?

6. How many combinations are there? When would you prescribe a Tissue Salt Combination over a Single Tissue Salt?

7. If your customer is currently taking Vitamins, is it important to include Martin & Pleasance Schuessler Tissue Salts? Explain your answer in detail:

8. List the Schuessler Tissue Salt labelled "First Aid" and give a brief summary using your handbook as to why it is so effective for all First Aid symptoms.

9. Select which Schuessler Tissue Salt is most suitable for each condition below.
(Calc Fluor, Calc Phos, Calc Sulph)

- a Recurring cracked lips _____
- b Difficult or retarded teething in a child _____
- c Teeth sitting loosely in socket _____
- d No appetite in a child _____
- e Child experiencing growing pains _____
- f Painful Haemorrhoids and varicose veins _____

Questions

(Mag Phos, Silica, Ferr Phos)

- a Brittle nails with some vertical ridging on the thumbnails _____
- b Child that is continually catching colds _____
- c A person feels very lethargic with a temperature _____
- d A singer has lost her voice from strain _____
- e A child that has recurring styes _____
- f Stomach cramps and overall discomfort _____

(Nat Phos, Nat Mur, Nat Sulph)

- a A person suffering from acute nausea and bloating _____
- b A person who is experiencing reflux each time they eat _____
- c A person who suffers from a tendency to dryness of the skin _____
- d A person who is experiencing morning sickness _____
- e A person who is experiencing liver pains _____

(Kali Mur, Kali Phos, Kali Sulph)

- a "Brain fagged" student who is worried _____
- b Child with a persistent nasal discharge which is thick and white _____
- c Middle aged person with psoriasis _____
- d Teenager with enlarged glands _____
- e Night terrors in adults _____
- f Ulcerated sore throat with onset of infection _____

Questions

10. Case Studies:

List your chosen Schuessler Tissue Salts for the cases below:

Case 1

A 38 year old man experiences Hayfever each year and his symptoms are the same each year sneezing, puffy eyes, clear discharge from nose, mainly during Spring. Sometimes experiences acute asthma and uses a inhaler when there is tightness in the chest and shortness of breath.

Schuessler Tissue Salts you would prescribe? _____

Case 2

A 55 year old female is experiencing family problems. She always complains that she has low energy, and finds it hard to get up in the morning. She experiences at least 2 headaches each month. Some hot flushes have returned and this is making her lose sleep some nights.

Schuessler Tissue Salts you would prescribe? _____

Case 3

A 21 year old has had problems with their tonsils for the last 5 years. His glands go up and down. General aches and pains when glands are up. Often complains of sinus and uses a nasal spray. He also takes anti inflammatory drugs when pain is unbearable. He has taken so many courses of antibiotics for infections and knows he is run down at the moment. He will need convincing of the benefits of natural medicine as he has depended on prescriptive medication for a while.

Schuessler Tissue Salts you would prescribe? _____



To receive your Certificate of Completion send your completed questions to:

Susan Gianevsky
susan.gianevsky@mandp.com.au

Martin & Pleasance products which complement Tissue Salts

All Natural HERBAL CREAMS

HIGH HERB POTENCY IN AN ALL NATURALLY DERIVED BASE

FAST ABSORPTION & PARABEN FREE

Martin & Pleasance have re-formulated the range of high herb potency creams, now in an all-naturally derived base*, which absorbs easily, isn't sticky and won't ruin clothing like ointments can.

Herbal Creams come in 100g jars:

ARNICA

- Bruising
- Sprains
- Minor sports injuries

CALENDULA

- Inflammation
- Scalds
- Minor wounds
- Nappy Rash

COMFREY

- Sprains
- Swelling
- Bruises
- Bone & joint pain

NATURALLY DERIVED BASE*: Purified water, glycerine, castor oil, hydrogenated castor oil, beeswax–white, carnauba wax, rice bran oil, Caprylic/Capric Triglyceride, Cetostearyl alcohol, Gluconodelta lactone, Glyceryl Stearate, Cetearyl Glucoside (and) Cetearyl Alcohol, Sodium Stearoyl Glutamate, Glyceryl Caprylate, p-Anisic Acid (*Comfrey excepted).

Our suppliers of palm and coconut oils continuously support the principles of sustainable practice with local industry and relevant stakeholders and actively participate in certification schemes supporting more sustainable practices with producers.





Vital ALL-IN-ONE

Developed by naturopaths, Vital All-In-One provides the perfect daily solution for optimal health. Vital All-In-One is over 70 ingredients in a powder supplement which helps to give people everything they need nutritionally in a day.

The daily solution to health and vitality, making you feel amazing from the inside out! Vital All-In-One helps to:

- ✓ **BOOST IMMUNITY**
- ✓ **SUPPORT NUTRITION**
- ✓ **INCREASE ENERGY**
- ✓ **SUPPORT GENERAL HEALTH & WELLBEING**

Vital PROTEIN

Developed by naturopaths, Vital Protein is an all-natural, great tasting formula which helps support weight management, workout recovery and lean muscle mass. Sourced from a superior European pea protein it is low calorie, low in sugar and high in protein.

- ✓ **ONLY 1% NATURAL SUGAR**
- ✓ **100 CALORIES PER SERVE**
- ✓ **VEGAN, DAIRY FREE, GLUTEN FREE**



ZEN Liniment Spray

Easy application in a touch free spray, which penetrates quickly for fast pain relief to body parts such as the back, neck, shoulders, hands, elbows and more.

- ✓ **SPECIFICALLY FORMULATED FOR CHRONIC AND LONGER-TERM AILMENTS SUCH AS MILD ARTHRITIS.**
- ✓ **TO BE USED BY THOSE WHO MAY EXPERIENCE DAILY DISCOMFORT.**
- ✓ **FAST ABSORPTION WITH TOUCH-FREE APPLICATION.**
- ✓ **CONVENIENTLY AVAILABLE IN A SPRAY.**





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 the nutrition they need and are not homeopathic but rather micro doses of minerals following the homeopathic method of dilution.

SCHUESSLER
TISSUE SALTS



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