

TISSUE SALTS GUIDE

Dr. Schuessler pioneered "Tissue (mineral) salts" which are homeopathic preparations of minerals found naturally in the human body. An imbalance of any of these minerals within the human body can lead to disease. Use of tissue salts helps stimulate the body to rebalance and thereby promote healing against ailments caused by mineral salt deficiency within the body

Tissue Salts have a wide range of uses and we've summarized the most common uses for each specific salt as well as where in the body the materials are found and what the cell salt is primarily known for.

#	TISSUE SALT	FOUND IN	KNOWN AS/FOR	INDICATIONS/USES
1	Calc Fluor	Tooth Enamel Bones Skin Fiber Connective Tissue	The Elasticity Salt	Sensitive Teeth, Teeth Prone to Cavities, Minor Joint Pain, Overall Skin Elasticity, Helps Prevent Wrinkles), Varicose Veins, Cracked, Dry Skin, Eczema, Psoriasis
2	Calc Phos	Body Tissue Bones Teeth	Bones and Teeth Salt. The "Building Block" Salt (Helps builds new cells)	Aids in Calcium Absorption, Helps Absorbs Nutrients, Teething, Chills (Prone to Colds) Minor Joint Pain, Respiratory Tract Infections, Sore throat.
3	Calc Sulph	Skin	Sinus and Skin Salt. Skin ailments especially with pus	Boils, Acne, Pimples, Blemishes, Dry Itchy skin, Pus. Cold with yellow discharge and post nasal drip,
4	Ferrum Phos	Blood	First Aid Salt. Sprains, Strains, Inflammation, Early Fever, Especially good for those that suffer from anemia	Low Fever, Congestion, Head Cold, Sore Throat, Inflammation, Recurrent Colds, Bronchitis, Recovery after travel, being sick, Increases Vitality. First stage of minor injury.
5	Kali Mur	Connective Tissue	Helpful in 2nd stage of Inflammation Useful in respiratory complaints	Cough, Cold, Congestion (clear to white mucus), Headache, Runny nose.



#	TISSUE SALT	FOUND IN	KNOWN AS/FOR	INDICATIONS/USES
6	Kali Phos	Nerves, Muscles, Blood, Brain and Bodily Fluids	Nerves & Mind (The Stress Cell Salt) #1 cell salt for weak memory	Fatigue, Weakness, Exhaustion Irritability, Mental Stress, Nervous Tension, Sleeplessness, Poor Memory, Insomnia.
7	Kali Sulph	Skin and Muscles	Lungs and Skin. #1 cell salt for cough with yellow discharge, Chronic Inflammation Salt	Cold with Yellow Mucous discharge, Bronchitis, Sinusitis, Dry Skin: Eczema, Psoriasis, Dandruff.
8	Mag Phos	Skin, Muscles, Teeth, and Bone	Cramps & Spasms & Pains	Muscle Pain, Muscle Stiffness, Cramps, Dry Cough (Spasmodic Cough), Hiccups, Colic. Headache with darting pains.
9	Natrum Mur	Bodily Fluids and Tissues	Proper Moisture Balance. #1 cell salt for cold sores.	Sneezing, Cold, Hay Fever, White Nasal Discharge, Dryness, Dry Cough, Dry Nose, Gastric upset and distress, Water Retention, Sores.
10	Natrum Phos	Muscles, Nerve Cells, and Body Fluids	For Sensitivity to Acidic Foods	Acidity, Belching, Reflux, Flatulence, Hyperacidity, Itching, Sensitivity to Sweets, Helps with Detoxing.
11	Natrum Sulph	Extracellular Fluid	General Detox and Excretion of Fluids	Congestion, Headache from sun, Helps recover from head injuries, Mucous discharge, Nausea, Vomiting.
12	Silicea	Hair, Nail, Skin, Muscles & Connective Tissue	#1 cell salt for ejecting foreign objects (splinters) #1 cell salt for nails that break easily, Strengthens hair, skin and nails	Wounds, Swelling, Brittle Hair, Brittle Nail, Low Stamina, Prone to Colds, Increases Stamina, Sinus Congestion, Constipation, Pre-mature aging.
13	Biochemic Phosphates	Nerves, brain and bones	Five Phos	A combination of five cell salts for the relief of Nervousness, irritability and occasional sleeplessness.
14	BioCombo #28	Body	Bioplasma General Tonic	A combination of all twelve tissue salts helpful in consumption, debilitating diseases, colds, nervous tension, fatigue and headaches.